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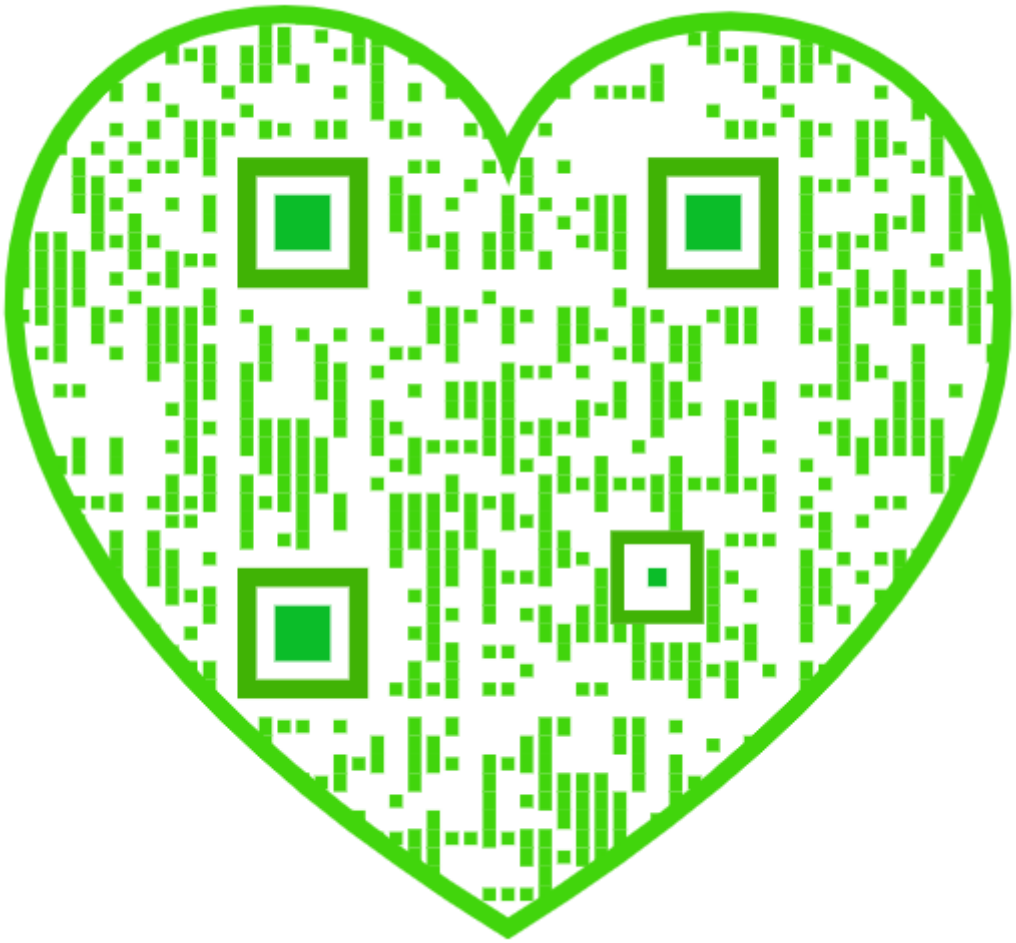

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LOUIS KUHNE'S

...FACIAL DIAGNOSIS...

"Facial Diagnosis" is essentially an ante-diagnosis, enabling us both to foresee and forestall any ailment.

ILLUSTRATED.

A free and abridged translation with notes.

BY

AUGUST F. REINHOLD, M. A.,

Manager of the Reinhold Institute of Water Cure of New York City.

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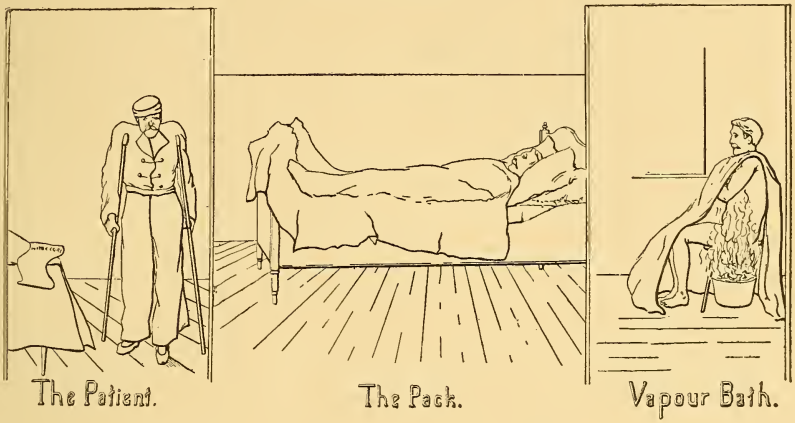

Any man who pretends to heal by means of Drugs and Operations, does not possess even rudimentary knowledge of the nature of sickness, nor of its cure.—*Reinhold.*

PREFACE.

This little book, by reason of the conciseness and completeness with which the subject is treated, no less than the revolution its appearance must make in existing methods of diagnosis and treatment of disease, is undoubtedly destined to a place among the classics of science. As the exclusive work of one man, it is an immense achievement. Such forms of disease as cancer, consumption, blindness, etc., which have, heretofore, been considered utterly incurable, and are possible of treatment only after they have gained considerable hold upon the system, can, by Louis Kuhne's Method of Facial Diagnosis be readily and effectively treated at any stage, even *previous* to their definite development.

But still another important service is rendered by this work, in enabling us to learn, from the study of ancient busts and statues, the then prevailing types of disease and disorder; and, through a knowledge of these, to read, in the down-fall of the nations suffering from them, a lesson for the enlightenment and uplifting of the civilizations of the future, whose surest foundations are laid in perfect physical health.

THE TRANSLATOR.

INTRODUCTION.

Facial Diagnosis is the ability to determine the physical status of a person from external appearances. By its use, it is possible to discover accurately the amount and location of matter in the body, foreign to its normal condition; and, by recognizing incipient tendencies to special phases of disorder, not only to warn the patient of the danger impending, but to summarily counteract the same by natural and unfailing means.

This method of diagnosis is really an auxiliary of the great *Natural Science of Healing by Water.* Only one who has accepted the principles of that mode of treatment, is in a position to fully appreciate the scope and power of this discovery, a few of the axioms of which I give.*

1. *There is but one cause of physical disorder, and, properly speaking, but one disease;* though this, being subject to the widely differing influences of heredity, climate, food, age, vocation, etc., necessarily manifests itself in greatly varying aspects; its specific location becoming evident by the external alteration of some part or organ of the body.

2. *The one common cause of all disease, is the presence of foreign substances in the body.* Effete and foul accumulations, all substances, in fact, not directly conducive to the growth and development of the organism, are first deposited near the orifices of the abdomen;** but, by degrees, are carried to all parts of the body, especially to the neck and head. It is these corrupt deposits, that in time completely change the shape of the body. Knowing the outline of the normal form, the intelligent observer can trace the slightest deviation from it, and so is enabled to estimate exactly the character and extent of the consequent disorder.

3. *There is no sickness without fever, and no fever without sickness*; because, no sooner is any foreign matter introduced into the body, than the battle between the organism and that matter begins;

---

*See Principles of Water Cure by A. F. Reinhold, M. A.

** Deposits may accumulate in any excretory organ, the Lungs, kidneys, skin, etc., whenever secretion is impeded.—A. R.

and it is this strife—this friction—which appears as *fever*.* This statement is accepted unquestionably regarding external matter. The irritation caused by a splinter in the finger, or a grain of sand in the eye, manifests itself, at once, in inflammation of the parts concerned, and the natural course pursued is, immediate extraction of the offending particles. These common illustrations clearly demonstrate the fact, that, as disorder in an organism can arise only from the presence of anti-normal substances, and that nature never fails to protest against such accumulations, every phase of ill-health must necessarily be accompanied by more or less fever. This may be slight at first, and, perhaps, run its course as chronic fever, principally in the interior of the organism; but it is liable at any moment, provoked by a sudden change of temperature, mental excitement, etc., to manifest itself in some external form, with—one might say—explosive violence, as in cases of diphtheria, cholera, etc.

Mental disorders, also, and those dreaded forms of disease, *cancer, consumption, paralysis*, as well as *deafness, blindness*, etc., have all succumbed, at last, to the treatment made possible by this unfailing system of diagnosis.

---

* Fever is a process of fermentation, by which the solid deposits are liquified, prior to their expulsion from the system.—A. R.

Notes on Kuhne's Introduction.

BY THE TRANSLATOR.

Medical practitioners have a kind of *Prognosis*, by which, when some form of disease has actually made its appearance, they can predict its final issue with some degree of accuracy. But they have no means whatever at their command, by which they can *foretell* the approach of a malady. This book is the *first*, and the *only* work which treats of the subject of an *Ante-Diagnosis*, and in so doing, throws light upon what has heretofore been considered the 'mystery' of sickness.

This method of Diagnosis should appeal more particularly to women, too, because, while furnishing a more exact and reliable method of ascertaining the character of the disease, it entirely dispenses with all operative treatment, or local examination of the genitals, which is necessarily so repellent to the patient. In my opinion, any woman who continues to submit to the crude, unnatural, and unnecessary practice of *Local Examination*, after this simple and wholly unobjectionable mode of diagnosis has once been brought to her notice, commits a crime against her husband, her children, and her own purer self. This practice alone is perhaps sufficient to account for the depravity met with now on every side. To what extent the sacred meaning of marriage has been thereby disregarded, and the standard of feminine chastity lowered, (and consequently the moral tone throughout the nation) can only be realized after a generation has developed under purer influences and more natural and helpful conditions.

But a physician may ask, "What is to be done in case of cancer of the womb? Unless, however, he has the ability to *cure* the cancer, what is the object of the examination? By Facial Diagnosis, the tendency to, or possibility of, cancer would have been seen and averted years before, but even if the trouble is somewhat advanced, (unless under medical mismanagement it has really become aggravated beyond all hope of recovery) it may yet be cured by the use of hygienic measures. It is easy to see that all such severe forms of disease, are final stages, caused by encumbrance of the body. It is evidently *impossible* to relieve this condition by drugs, for they are, in themselves, poisons, and, taken into the system, lower the

vitality. They likewise make it more difficult than ever to remove the existing impurities, and at the same time add to the accumulation of foreign matter in the body. Instead of such a method, our own system of cure consists in lavings and baths of a prescribed kind, combined with a simple, natural mode of life and diet, carefully adapted to each individual case.

Facial Diagnosis also shows clearly the causes of onanism, impotence, barrenness, miscarriage, difficult parturition, inability to nurse the infant, feeble offspring, etc., and also points out the only rational and positive cure for these evils. He who knows the cause, is thereby master also of the cure.

This method is, beside, the only known means by which *parents can definitely ascertain the physical condition and latent possibilities of their children.* It should, therefore, be made a careful study by all upon whom rests the responsibility of taking care of the young.

Facial Diagnosis gives a rational definition of *Beauty*, showing all forms of ugliness to be deviations from the norm, and, by means of the water cure treatment, can restore the normal proportion, coloring, etc., and so furnish the foundation for that perfect beauty which always follows perfect health. It is undoubtedly only a question of time, when the system of Facial Diagnosis will entirely supercede all other methods.

From the innumerable means in use by those who practice the existing methods of diagnosis, I have, however, adopted five, viz: in cases of high internal fever, (1) I take the patient's temperature by means of a clinical thermometer. (2) I also feel the pulse, to ascertain its strength and regularity. (3) I make use of the "kneejerk," to test the condition of the lower extremities, of the spinal chord, and the sexual and digestive organs. (4) I look at the tongue, to find out the condition of the stomach, and (5) I test the urine for sugar and albumen.

If the author of this work, or myself, appear at any time prejudiced or severe in our criticism of the existing methods of diagnosis and attempts at cure, I want to forestall at once, any misunderstanding upon the subject, by saying that I, at least, have not the slightest animosity toward any representative of the medical schools. On the contrary, we cannot but recognize the service rendered to mankind by these men in the accumulation of valuable facts concerning the human body. But, in my estimation, the very value

and greatness of these acquisitions, have caused medical students to lose sight of the simple and obvious functions of the physical organism, by proper attention to which, alone, it can fully and healthfully develope. And it is to encourage a return to these that this work has been undertaken. All adverse criticism in it, has been expressed in the belief that only by a clear and positive statement of facts, could men's eyes be opened to their danger, and in the sincere hope that, through this they may be influenced to regulate their lives by the simple laws of nature.

In '*Nature* versus *Drugs*' by Aug. F. Reinhold, M. A., measurements are given of well known Greek statues which are universally considered the standard of beauty, and consequently of health. With these data, one can easily determine his own physical status.

Desiring the truth above all things, I shall be grateful for any correction or suggestion by which that end may be attained.

Existing Methods of Diagnosis.

Allopathy and Homeopathy both emphasize strongly the importance and value of a minute and careful diagnosis. The ability to make this, is supposed to be gained only through an exact anatomical knowledge obtained by the dissection of human corpses. The student is required to familiarize himself with every part of the body, so that, knowing the precise location and function of each organ, he may be able to read the symptoms of disorder in them.

The usual thorough examination is conducted somewhat in this way. The physician first questions the patient extensively, then looks at the tongue, feels the pulse, percusses, palpitates, and auscultates the whole body, especially the back and chest, to determine the condition of the lungs and heart. The region of the liver and stomach is also carefully examined, as well as the genital organs, those of females internally, by means of a speculum. The temperature of the blood is ascertained by a thermometer, and the saliva, expectorations, urine, excrements, even the skin and muscles, are microscopically studied. This general examination may be followed by a detailed one of separate organs, such as the eye or ear, though usually, this is referred to specialists in these lines. To increase the supposed reliability of such observations, a number of complicated apparatuses have been invented. The ingenuity and skill required to conceive and complete these, is really wonderful. The microscope, too, has been the physician's invariable accompaniment, especially since scientists have considered bacilli the cause of almost every disease.

After all this lengthy performance, the doctor's verdict is at last rendered. The patient is told that this or that organ is quite sound, another is somewhat affected, while a third, perhaps, is seriously involved. The examination having consisted in a series of separate investigations, with only accidental connection, an intelligent judgment, as to the general and comparative condition of the whole body, is rarely obtainable. The estimate formed as to the vital

power of the patient, could not be regarded as an exact and reliable conclusion, but merely as an impression incidentally gained. Anyone experienced in dealing with the sick, naturally acquires such subjective penetration in course of time.

Now, *the question is,* HAS *this special diagnosis the great value usually accorded it?*

No, it is unreliable. This has been conclusively demonstrated in many well known instances where conclusions drawn from diagnoses of the same case, made by leading exponents of opposing schools, differed radically and entirely. Again, if the disturbances in the system, resulting from nature's effort to expel the foreign accumulations, have not yet affected any one organ sufficiently to attract the attention of the examining physician or specialist, the patient is dismissed with some pacifying deception, or, most frequently in nervous disorders, he *is told bluntly that his sufferings are merely imaginary.** And this is by no means the result of carelessness, or indifference on the part of the physician. It is the necessary consequence of erroneous views as to the origin of disease, and of his crude and inadequate methods of diagnosis.**

Again, *medical science (so-called) furnishes no ground for rational treatment.* All this complicated system of examination is to comparatively little purpose, because, when accomplished, the treatment that follows is of no permanent or real benefit. In fact, it is actually harmful, based, as it is, upon the ridiculous belief that one part of the body may be affected independently of the others, and may be treated without regard to them. In this connection, I will give a few instances, in which the comparative merits of the various methods are clearly defined.

A child had suffered for months from some ailment which the attendant physician, though quite a celebrity, had failed to successfully diagnose. But he would by no means confess himself baffled. After a microscopic examination, this celebrated medical doctor gave it as his opinion that the presence of a certain kind of bacillus

* I can but corroborate this statement.—A. R.

** Many patients have come under my notice who, although suffering from serious forms of disease which had baffled the skill of some physicians for years, have yet passed the examination for life insurance. And life insurance companies are supposed to employ experts in diagnosis. This is another instance of the inadequacy and unreliability of existing methods. Anyone versed in Facial Diagnosis could not be so deceived, for the system in itself is radical and reliable.—A. R.

was the cause of the child's continued ill-health. All his efforts were then directed toward the extermination of the *microbes*, but of course proved to no purpose. The child's condition grew daily more serious, and the bacilli perceptibly increased.

At last, some one called the father's attention to the invariable success of treatment under my direction, and the man, in his extremity, consented to have his child examined. This was done, however, without the knowledge of the physician in regular attendance. I paid no particular attention to the bacilli, but saw that the directions I gave were implicitly followed. The doctor, at his next call, was surprised to see a marked improvement in his patient, and accounted for it by saying that nature sometimes rallied for her own deliverance, and, in this case, had, by her own efforts, rid the system of the injurious element. Now, as a matter of fact, *microbes are scavengers, attacking only impurities in the system. It is therefore manifestly ridiculous to try to free the body of these minute beings, and, at the same time, make no effort to cleanse it of their real cause.*

In another instance, a strong vigorous man became, by degrees, miserable and melancholy. For years, he was haunted by the idea of self-destruction, and unable to concentrate his faculties upon any definite work. Examining physicians all agreed that, as no particular organ seemed affected, there could be nothing seriously the matter with the man, and it was simply a case of hypochondria. Diversion and travel were advised, but the trouble was in no wise lessened. At last, I was consulted, and saw, at a glance, that the patient's whole body was heavily encumbered with foreign matter. This prevented the normal exercise of almost every function, and hence, though, as yet, no particular organ had been attacked, derangement of the entire organism was the consequence. My methods proved so successful that, in a few months, the constant watch that had been kept over the patient, was no longer necessary, as balance of mind and health of body had both been regained.

Another patient was suffering intensely from a greatly swollen tongue. The disorder apparently being definitely located, medical science considered its way clear, and treatment was restricted to the tongue, as the sole seat of disorder. The result, however, was far from satisfactory. The foreign matter continued to accumulate,

and the tongue continued to swell, until, finally, it filled the entire mouth, and could not be moved at all. At this juncture, I was called in, and, by means of my Facial Diagnosis, was enabled at once to recognize the true cause of the illness, and to relieve the body of its accumulation of poison.

But further illustration is unnecessary. Any one may see that, *starting with the palpably false premises, that any single organ can be affected by itself, it is simply impossible for medical men to successfully treat, or permanently cure any physical disorder. It is their utter ignorance of the unity and interdependence of the entire organism, that makes possible the present ridiculous extremes to which specialism has run.* Now, a man, whose head perhaps is surcharged with foreign matter, must go to one specialist for treatment of the eyes, consult another about his ears, a third and fourth for nose, throat, etc. Absurd as it proves, however, this practice has developed quite naturally. At first hearing, it seems probable that a man who claims to have made one organ a lifetime study, should be a more competent authority on the subject than the average physician. But, on deeper consideration, such reasoning is seen to be the barest fallacy. The human body cannot be treated as if it were a doll, made of altogether separate parts and materials, with no vital connection. A pimple on the nose, for instance, does not indicate any particular nasal disorder, or necessitate the attention of a specialist. The blood in the nose, and that throughout the rest of the body, is identical. Purify this, and the pimple, or trouble of whatever sort, disappears. External affections of this kind are nature's hints that we are transgressing her laws. They should not be suppressed by any special treatment, but rendered unnecessary by intelligent conformity to the laws of health. The chief danger arising from separate, special treatment, lies just here. What is repressed at one point, must appear somewhere else, later on, and, necessarily, with greater intensity. In subduing the inflammation that has settled in the eye, perhaps, the battle, interrupted here, will inevitably be renewed elsewhere. *It is only by considering the body as a whole, and removing the cause of this friction, that any real cure can ever be*

accomplished. Mercury, quinine, morphia, antipyrine, arsenic, iodine, bromide, all are powerful means of effecting this local repulsion, but they are really, at the same time, the deadliest of poisons. A "cure" effected by their use, means simply a fatal step on the road to continued ill-health, and away from all possible recovery.

Old methods of diagnosis cannot recognize the approach of disease. Neither, having recognized it, can they estimate accurately the extent of farther development. This necessarily limits the success of their results and the efficiency of any course of treatment based upon them.

What Facial Diagnosis Means.

It is impossible to make the title of any great subject an epitome of its scope. As all mental and physical phenomena are, sooner or later, reflected upon the face, and can there be most readily studied, this new method of gaining an accurate knowledge of the patient's condition, is called *Facial Diagnosis, but in reality every detail of the whole organism is equally studied.*

There is no abnormal condition of any part of the body, which can affect that part alone. The least deviation from the normal condition of health, inevitably produces a change in the form, carriage, coloring, etc. of the individual. Though, to the casual observer, these become apparent only in extreme cases, to the trained eye, they are evident immediately. An encumbered body functions differently from a healthy one, in every respect, consequently a person's condition is easily determined from his manner of action. Facial Diagnosis takes all these points and indications into careful consideration. In order to read them rightly,

The Healthy Man

must first be studied. This is no easy matter, for a person of normal health is a very rare exception. It is not difficult to find perfect specimens among wild animals, for there, health is the rule. It is just the reverse with civilized man. Only by degrees, did I succeed in constructing the image of a normal human body. This I accomplished, to a great extent, by observing the manner in which various functions of the body were performed; which should invariably be *without pain, difficulty, or artificial stimulants.* In the first place, with a healthy body *there should be a desire for none but natural food.** This desire should be capable of satisfaction, before any feeling of satiety, fullness, or tightness sets in. The pro-

* See 'Nature versus Drugs,' by Aug. F. Reinhold, M. A.

cess of digestion should take place quietly, and unconsciously. Any disagreeable sensation after eating, or appetite for highly seasoned food or beverages, is unnatural, and a sure indication of disease. In *thirst*, there should be a desire for fruit only, or possibly also for some plain water.

The *urine*, the secretion of the kidneys, should be neither sweetish nor sour in odor, of an amber color, never bloody, cloudy, colorless, black nor flaky. It should show no gritty or sandy deposit, and cause no pain upon leaving the body.

The *ejecta from the bowels* should, as a rule, be of a brownish color, never green, gray, or white. They should retain the cylindrical form of the colon, leaving the body without soiling it. They should never be watery, bloody, nor contain worms.

The *skin* should have a fine smooth elastic surface. It should be warm and moist, though not, by any means, wet.

The *perspiration* from a healthy human body has no disagreeable odor, like that noticeable about flesh-eating animals.

A full suit of *hair* is also an indication of health. Baldness is never accidental, but caused by some physical disorder.

The *lungs*, in a healthy organism, perform their work without the slightest difficulty. They should receive the air through the nose, which is their natural guardian. The tendency to allow the mouth to remain open, either during sleep, or waking hours, is in itself a symptom of disease.

In *exercising*, the healthy body gives warning of excess by a feeling of fatigue. The sensation is not painful at all, but rather agreeable, leading to quietness and perhaps sleep, which, to be normal, must be calm and continuous.

Restless, fitful *slumber*, followed by lassitude and irritability upon waking, is unnatural with a healthy person. Natural sleep leaves one cheerful, contented, energetic, and eager for exercise.

A healthy person recuperates more readily from mental suffering; heightened sensation finding natural relief in tears.

Any one whose various organs function in accordance with the outlines given here, will have a body of normal shape and quite free from foreign accumulation.

Now, *all these symptoms and indications are open to ordinary*

observation, and artificial apparatus is by no means necessary. They may be viewed and corroborated at any time from living illustrations on every hand. *The study of corpses is almost valueless as an aid to the treatment of living people.*

So far, I have not succeeded in finding a single person who was normally healthy in every respect. Those, however, in a state of health very nearly approaching the norm, afford excellent opportunity for study.

The sculpture of ancient Greece has furnished us with truly beautiful* ideals which our modern artists may copy, but can scarcely excel. (It is noticeable that among these, there is nowhere to be found the high stomach which some believe to be normal.) It is also a significant fact that *the ideal of beauty and the standard of health are always identical,* and so perhaps the universal desire for beauty, may lead to a more rational care for the *physical health which is really the foundation of all development and perfection and bliss.*

The normal form is characterized by distinct points and outlines which are clearly shown by figures ** A. B. C. 1, 2, 3, 4, 6 and 14.

---

*The standards of art, derived from the physical perfection of the past, have undoubtedly been important factors in Kuhne's conclusions regarding the outlines of a healthy body. He seems to consider these as final. Considering, however, that they represent the highest types of a *meat-eating* people, it may be questioned, if their standards might not be improved upon by a race, developing finer and more subtly beautiful outlines under a purely vegetable diet—assuming that the latter was originally designed for man's support.—A. R.

** Figures A. B. C. were added by the Translator.

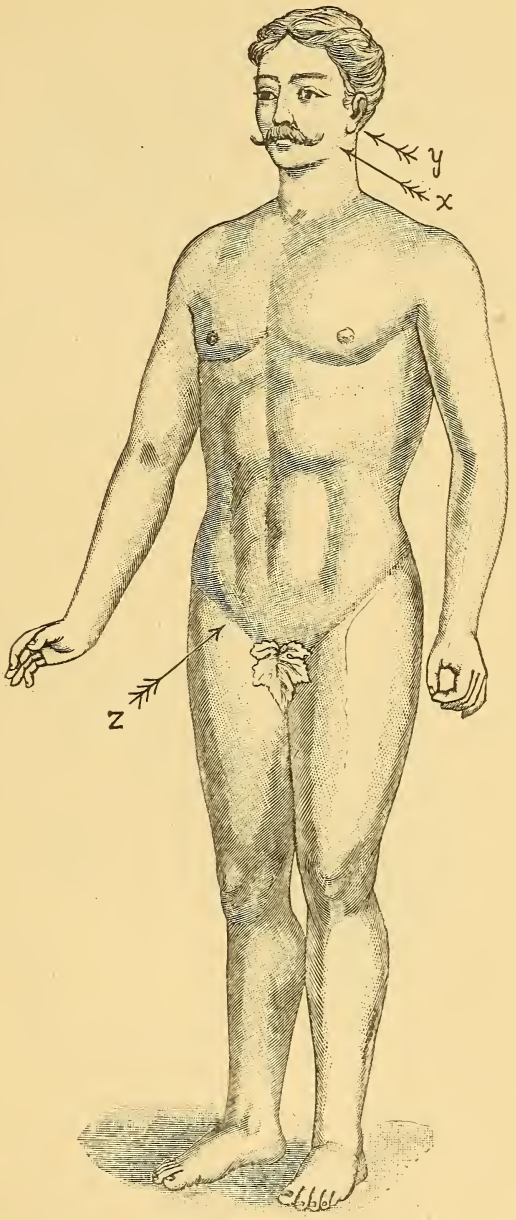

FIG. A.

Fig. A B C represent the *Normal Form* of *Health* and *Beauty*, characterized by the clearly defined *Jaw-line*, *x*, *Nape-line*, *y*, and *Thigh-line*, *z*.

FIGURE B.

FIGURE C.

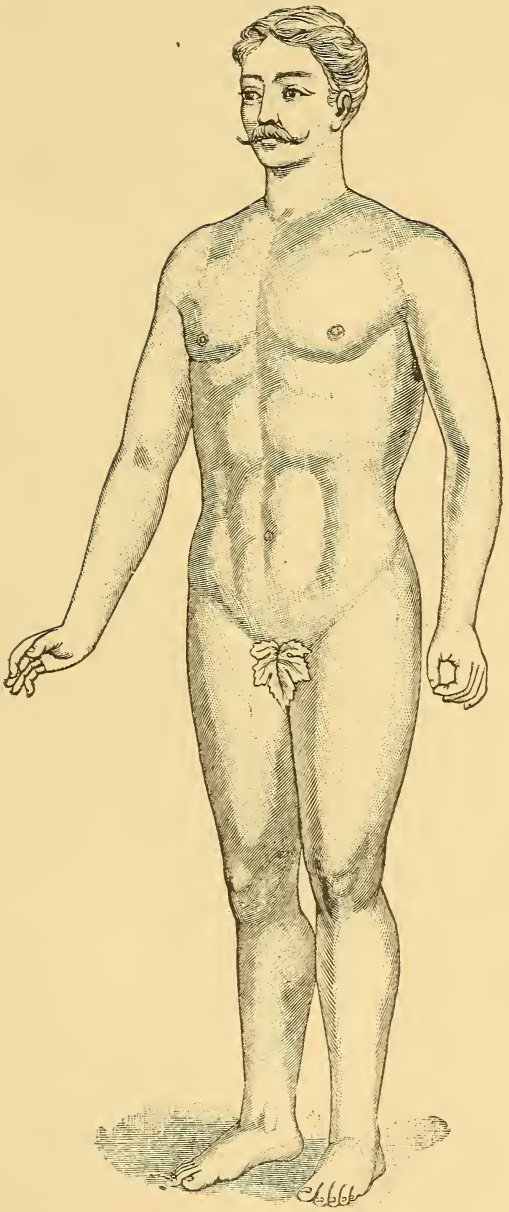

Fig. 1. *The Normal Figure* is finely proportioned throughout; there is perfect symmetry, and the forms everywhere are nice and round. *Head*, of normal size. *Forehead*, smooth and free of fatty deposits. *Eyes*, large and free. *Nose*, well-formed. *Mouth*, closed. *Face*, oval with jaw-line and nape-line clearly defined. *Neck*, round and of normal length. *Chest*, well developed. *Legs*, straight, muscular, with clear cut thigh-line.

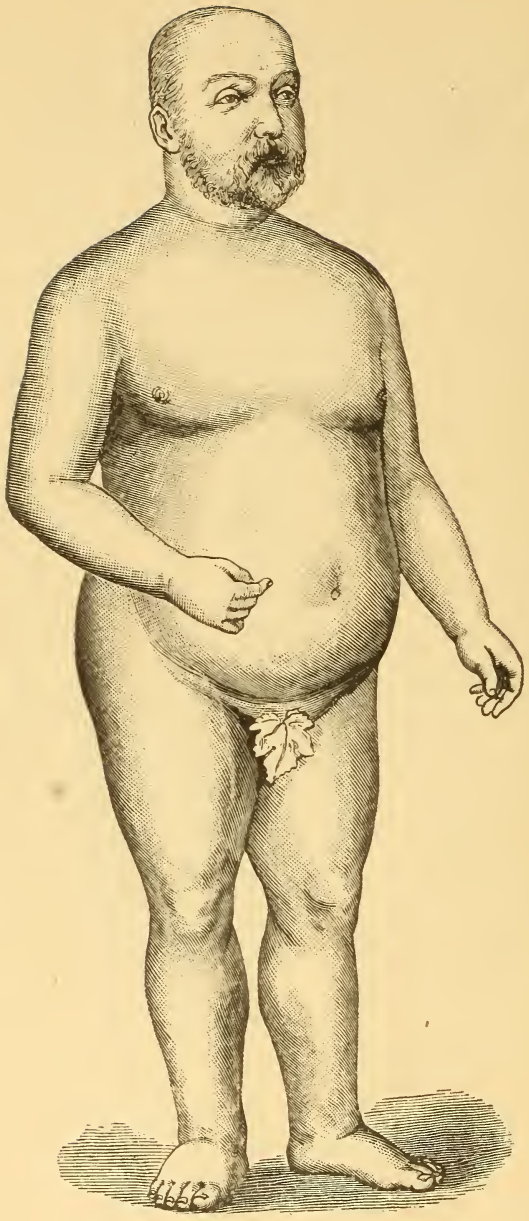

FIG. 2—ENTIRE BODY IS ENCUMBERED.

The *Torso* is awkward, clumsy, bloated. *Head*, too thick. *Forehead*, with fatty cushions, bald on top. *Eyes*, half closed. *Nose*, too thick. *Mouth*, kept open. *Jaw-line*, missing. *Neck*, too short and too thick; *nape-line*, missing. *Abdomen*, too heavy. *Legs*, too short and thick.

The Normal Figure.

1 *Form.* The normal shape is one of fine proportion throughout, as a comparison between figures 1 and 2, will show at a glance. The torso, figure 2, has become far too long, almost obliterating the neck, and resting the bloated abdomen upon legs much too short in proportion. The majority of people are born heavily encumbered. Many die when quite young, while others remain semi-invalids all their lives. The food, upon which infants are reared, greatly influences their health in afteryears. The mother's milk is the natural food, and if this is supplied, the body will develop naturally and healthfully, provided the mother is in a healthy condition. But many mothers, unfortunately, are unable to nurse their offspring. Though this lack can never be fully supplied, substitutes may be provided, and the least injurious of these has proved to be the unboiled milk of cows and goats.* Figures 49 and 51 are photographed from nature, and illustrate the harmful influence of *sterilized* milk upon infants. Unnatural food, of course, cannot be thoroughly digested. If such food be consumed daily, the body, by degrees, becomes incapable of throwing off its effete matter. Normally, the bowels, kidneys, skin and lungs, are incessantly at work to eliminate the effete matter. If, however, injurious substances are continually taken into the system, the tax is too great, and portions of them inevitably remain.

At first, this foreign matter is deposited near the excretory orifices, and, for a time, the body may succeed in throwing it off by attacks of diarrhœa, abundant discharges of urine, or profuse perspiration. But there is almost always some residue, and new deposits are added to this. Fermentation then ensues, accompanied by the formation of gases. These are carried through the body, partly escaping by way of the skin, but partly redeposited in solid form, constituting again a serious encumbrance of the body. This

* See 'Nature versus Drugs' by Aug. F. Reinhold, M. A.

FIG. 3—NORMAL FORM

may settle in various places, and so appear, to the ignorant, as separate forms of disease. In reality, however, it is all from the one cause, and so should have substantially the same treatment. Under Water Cure, this foreign matter is redissolved, and carried off in various ways.

If the stomach and bowels are once weakened by deposits, then even healthful food can no longer be properly digested. The substances thus insufficiently assimilated, are, in turn, deposited as poisonous accumulations. In this way, the trouble grows rapidly more serious, until nature makes at last a violent effort, which results in some eruption. The various skin diseases of children, are simply such crises as this, brought on by the surcharge of the body with corrupt matter. Foul matter can also enter the body through the lungs and skin, but, as long as digestion remains unimpaired, there will usually be sufficient vitality to throw this off. Impure air, however, should be dreaded almost as much as unwholesome food. Sometimes nature constructs artificial sewers for the removal of effete matter, such as open sores, hemorrhoids, fistulas, foot-sweat, etc. Though the body, as a whole, may appear in fair health, the presence of any one of these is a sure indication that the system is heavily encumbered. And, should these sewers be suddenly closed, then the foul matter, deprived of this avenue of escape, is forced to seek another place of deposit. This is usually accompanied by considerable swelling, inflammation, and even ulceration. In a case that came to my notice, the patient had suffered for ten years with piles. A celebrated physician prescribed Dermatol, and the irritation immediately ceased. In a few days, however, the patient noticed a swelling in his throat, which continued to increase, until danger from suffocation became imminent. The foul matter with which his body was filled, deprived of its exit by way of the bowels, had sought some avenue of escape elsewhere. By means of my friction baths,* however, it was redissolved and carried off in a short time.

**A new Friction Bath* Many objections have been raised againt Kuhne's Friction Sitting Bath. I have, therefore, endeavored to improve it in the following manner: The patient sits on the rim of a tub, filled with very cold water, and, with a rough cloth, gently rubs the entire length of his back up and down, but principally downwards, and also crosswise, redipping the rag frequently. This is continued for

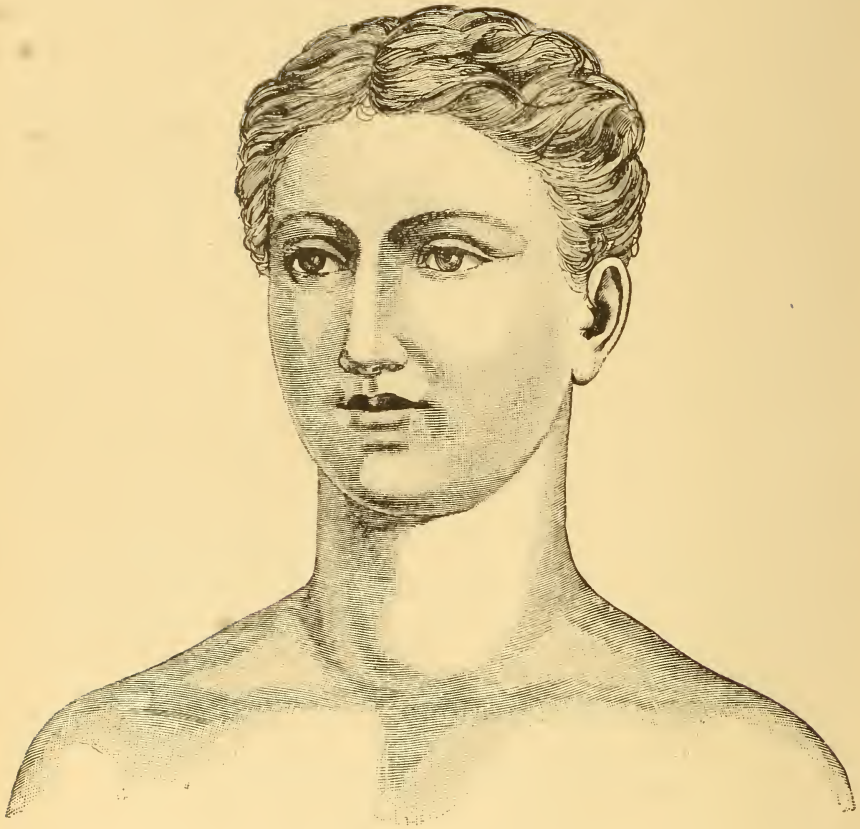

Fig. 4—Perfect Form.

In another instance, a lady had suffered from diarrhœa for a long time. Her body was heavily encumbered, and this, of course, was only a natural effort toward relief. The physician consulted, "cured" this tendency so effectually that an obstinate constipation set in. The foreign matter, finding no longer an exit by way of the bowels, soon appeared in a large swelling upon the neck, similar to that in figure 12. The lady had the good sense to recognize this as the direct result of the medicine given her, and this opened her eyes to the real value of drug medication. It is not always, however, that the injurious effects follow so promptly, and so, people do not always realize the harm that has been done them by these medical poisons. Swelling of the neck often follows the suppression of foot-sweats, and, in the same way, encumbrance of the head, nervousness, mental derangement, consumption, heart trouble, etc., *are frequently induced by excretions, that were suppressed by medicines or salves.* Eczema, driven back into the system, often terminates in this way. A cough, too, when merely stifled, instead of being radically cured, leads to more serious affections of the lungs, as the foreign matter which is usually expectorated, finds then no longer an outlet.

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from one to fifteen minutes, and repeated from two to four times a day, or even oftener. Care must be taken, however, to restore the warmth of the body again, quickly, either by exercise, or additional wraps or cover. No artificial heat should be applied after the process. Of course, a patient, too weak to leave his bed, may, by turning upon the side or abdomen, have his back so treated by some other person. The small of the back opposite the naval, seems to be the most effectual spot for treatment, to restore suppressed vitality. The back is always accessible, and in my opinion is far more preferable than to work upon the nerves of the sexual organs; as the latter comprise but a small portion of those, running along the back.—A.R.

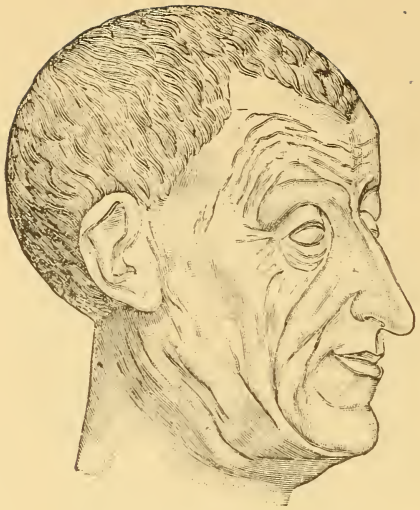

Fig. 5—Front-Encumbrance.

Head, normal size. Forehead, wrinkled Eyes, normal. Nose, normal. Cheek, in folds. Mouth, normal. Jaw-line, far back. Neck, in front enlarged. Nape-line, normal.

Fig. 6– Normal Figure.

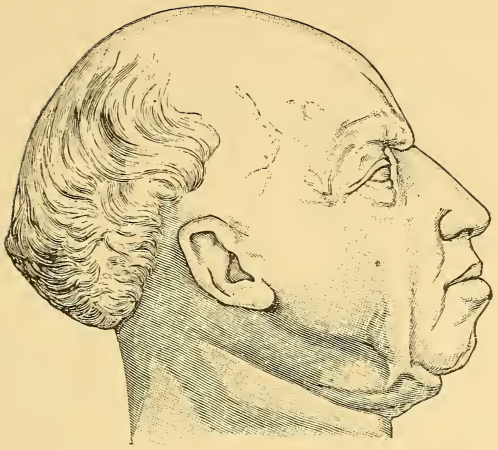

FIG. 7—FRONT ENCUMBRANCE.

Head, size normal. Forehead, bald, not cushioned. Eyes, dull. Nose, well shaped. Mouth, lower lip enlarged.* Chin, enlarged. Jaw-line, far behind the ear. Lower half of Face, clumsy. Neck, very much enlarged in front. Nape line, normal.

Fig. 8.—Front and Side Encumbrance.

Head, size normal. Forehead, smooth, without cushions. Eyes, normal. Nose, normal. Lips, too thick. Jaw-line, missing. Face, appears thicker and longer on the right than on the left. Neck, much enlarged in front; less so on the side. Nape-line, normal.

*Deposits of foreign matter cause any affected parts of the body to appear enlarged or swollen.—A. R.

Variations in the Shape of the Body Resulting From Deposits of Foreign Matter.

Such deposits commence in the abdomen; but more distant organs soon become affected. The effete matter works gradually toward the extremities of the body. On its way to the head, deposits made in the neck, become quickly noticeable. They appear at first, perhaps, as an uniform enlargement, afterwards as irregular swellings or lumps. Later on, the underlying organ can no longer be seen or felt. Sometimes the foreign matter hardens, and shrinks to a small compass. To the casual observer, this may seem an improvement, but, in reality, it is the most serious phase of all. Hard streaks appear in the throat, the muscles lose their mobility, and the hue of the complexion alters, becoming ashy, brown, or intensely red. Though meaningless to the uninitiated, these are all unerring indications to a student of our method of diagnosis. The indurations of the neck and head, form in a way similar to those of the abdomen. As a rule, they increase in the same ratio, though sometimes they decrease below, and form rapidly above. Under Water Cure treatment, they first begin to disappear above and increase in the abdomen. The course, over which the foreign matter travels on its way to the head, varies according to the vitality of the different organs, and the person's habitual position during sleep.* Accordingly, for convenience, we use the terms:

A. Front,
B. Side, } encumbrance.
C. Back

"Side" encumbrance, of course, may refer to *either the right or the left side*. It is rare, however, that one mode of encumbrance is found entirely alone. As a rule, they are combined, and usually the

* It is an interesting fact that foreign deposits follow the law of gravity. If a person sleeps continuously on one side, the organs of that side will be noticeably enlarged by the accumulation of effete matter.—A. R.

whole body is more or less affected. With a view to obtaining a clearer insight, we will study the various kinds of encumbrances, separately.

A.—Front Encumbrance. Figures—5, 7, 36 and 37.

Front encumbrance concerns mainly the front portions of the body, as is illustrated in figure 5. I have added a normal figure (6) so that, by comparison, a clear idea may be gained. It will be found to the reader's advantage to fix the different outlines and symptoms carefully in his mind. With front encumbrance, the neck is usually too full in front, (figure 7) and the face enlarged and clumsy. Sometimes it is only the *mouth* that protrudes; the foreign matter having settled there alone.

*The facial boundary line,** or *jaw-line*, is always a characteristic one. This is the line which sharply defines the face from the neck. In a normal person, (figure 6) it runs directly from the chin, outlining the jaw, up to the ear. In cases of front encumbrance, however, this natural boundary line of the face is either pushed back, or more or less obliterated. The deviation from the normal is in direct proportion to the degree of encumbrance If front encumbrance predominates, the face looks bloated, and a fatty cushion may form on the forehead. **

The encumbrance of the forehead plainly indicates that the foreign matter has reached the region of the brain. In some cases, lumps have developed upon the neck. Though these may, in time, become reduced in size, and the emaciation of the muscles may restore the jaw-line to something of its normal distinctness, the pres-

* There are other such definite lines observable in the normal body, namely, one that separates the back of the head from the back of the neck, and another between the thigh and abdomen. For brevity sake, I call them, respectively, the *jaw-line*, the *nape-line*, and the *thigh-line*. See figure A. B, C.—A. R.

** In a normal, healthy person, the skin can be easily raised from the forehead. There is nothing between it and the bone. But in a case of encumbrance, a layer of fat seems to be inserted, and it is almost impossible to move the skin. The formation of small, raised pimples often follows. The condition of the forehead is sometimes the result of back encumbrance, when the foreign matter has risen along the spine, and crossing the top of the head, has settled about the upper portions of the face.—A. R.

FIG. 9—FRONT ENCUMBRANCE.

Head, too large, especially the upper part, indicating prematurity. Forehead, cushioned. Eyes, rather compressed. Nose, normal. Mouth, normal. Jaw-line, far behind the ear. Neck normal, but shows tension when the head is bent back. Nape-line, normal.

FIG. 10—FRONT AND SIDE ENCUMBRANCE.

Head, somewhat enlarged above. Forehead, cushioned above. Eyes, normal. Nose, normal. Mouth, normal. Jaw-line, covered with lumps. Neck, uneven. Nape-line, normal.

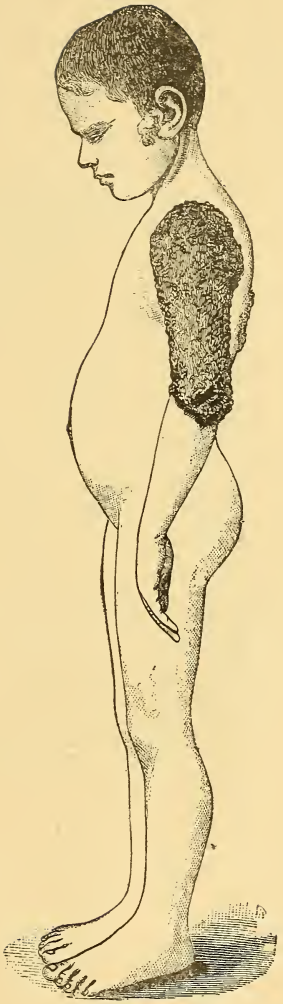

FIG. 11—FRONT ENCUMBRANCE.

Figure, proportions normal. Head, irregular, mainly on top. Forehead, cushioned. Eyes, closed (blind). Nose, normal. Mouth, normal. Jaw-line, far behind the ar. Neck, stiff. Abdomen, much too large. Eruption on the body, caused by vaccination.

ence of this hard, dry residuum bears testimony to the fact that there is a most serious deposit to be dealt with. The complexion is either unnaturally pale or unduly flushed, with front encumbrance. The parts most affected show great tension, and shine conspicuously. The degree of mobility of the muscles of the neck is also significant. Sometimes the head cannot readily be thrown back, (figure 37), or, upon being bent backwards, lumps of various sizes may become noticeable on the neck. Sometimes the deposits are evenly distributed over the face, or one side may become longer and thicker than the other, or, again, only a single part may be affected. The consequent forms of disease depend wholly on the kind of encumbrance. In front encumbrance, the whole front of the body even down to the legs, is affected, and the most varied organs suffer in consequence. It often leads to such acute forms of disease (or rather, sanitary crises) as measles, scarlet fever, diphtheria, inflammation of the lungs, etc. In the forms of disease which affect children, eruptions are always more noticeable on the front portions of the body.*

Certain chronic ailments, especially those of the neck and face, may follow front encumbrance. It is universally conceded that continued redness and eruption of the face, indicate a diseased condition. These symptoms usually appear at first on the chin, and the lower teeth begin to decay. In figures 5 and 7, the lower teeth have evidently been gone for some time. Nervous forms of disease, and affections of the eyes, result from this kind of encumbrance. This, too, is the cause of loss of hair, especially on the front portions of the head. There is never any affection of the mind—(that is, of the brain)—if the encumbrance is entirely frontal. If the foreign matter is deposited in the cheeks or forehead, the patient will be very sensitive to change of temperature, and suffer from headaches, eruptions, and perhaps erysipelas, in the affected parts, but the vital organs will remain intact for a long time. The growth of the encumbrance is often so gradual, that its presence is not suspected until it culminates in some internal disorder. And so, it becomes more and more

* All encumbrance is a forrunner of acute disease. There can be no disease without previous latent deposits of poisonous matter.—A. R.

FIG. 12—FRONT AND SIDE ENCUMBRANCE.

Head, almost normal. Forehead, normal. Eyes, normal. Nose, normal. Mouth, normal. Jaw-line, normal. Neck, much enlarged and fixed. The encumbrance has advanced no further than the neck, producing goitre; the head has almost remained free.

FIG. 13—FRONT AND SIDE ENCUMBRANCE.

(Daughter of the lady in Fig. 12.)

Head, a trifle too large. Forehead, somewhat cushioned. Eyes, compressed. Nose, normal. Mouth, a little open. Jaw-line, normal. Neck, enlarged, with goitre. On an average, her encumbrance is the same as her mother's, but part of the matter has advanced further into the head.

FIG. 14—NORMAL FIGURE.

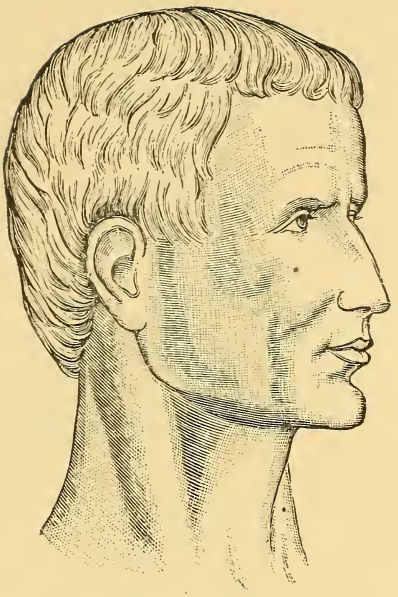

FIG. 15—SIDE ENCUMBRANCE.

Head, size normal. Forehead, normal. Eyes, normal. Nose, normal. Mouth, normal. Jaw-line, normal. Neck, stiff, thick cords running up on either side.

FIG. 16—ENCUMBRANCE OF THE RIGHT-SIDE.

Head, normal, bent to the left. Forehead, normal. Eyes, normal. Nose, normal. Mouth, normal. Face, right-side too long. Jaw-line, on the right is missing. Neck, stiff, greatly enlarged on the right.

certain that the only cure for any form of disease is, *removal of its primary cause*, which invariably proves to be *poisonous deposits.* (See page 78, also figures 9, 11, 12, and 14.) But front encumbrance is comparatively easy of treatment, and its consequences are rarely of a fatal nature. This accounts for a fact which is always a matter of surprise to people—that *some patients recover so much more rapidly than others.* By means of the Water Cure Treatment, *this phase of encumbrance is often mastered in a few weeks.*

A man suffering from sycosis (barber's itch) came to me for treatment. Knowing it to be only the result of front encumbrance, I was enabled to relieve him in a very short time. Of course, organs that have become totally destroyed, such as lost teeth,* cannot be restored; but, even after years of baldness and disease, the hair often grows again, and fresh natural skin is formed.

* "There are cases, however, where even the teeth have been renewed. This, in my estimation, points to the possibility of reaching the same desirable result in every case, if only once the necessary conditions could be discovered."—R. G. Lamont.

I consider the condition necessary, to be merely a sufficient degree of vital force If, by return to a natural mode of living, and the removal of encumbering matter, the vitality, that has so long been obstructed or lain dormant, could be restored to its full activity, I believe that nature would supply the loss of teeth, as she does that of the hair and the skin.—A. R.

B. Side Encumbrance. Figures 8, 15, etc.

Side encumbrance shows a distinct enlargement of the neck on the side affected. Often, all the parts on that side are broader, so that the whole body appears unsymmetrical, as in figure 17. The same thing is seen in figure 16, where the entire right side of the face is larger and broader than the left. This is noticeable in the legs as well, and, consequently, the line of the head is not in the centre of the body. The affected leg is not sharply defined from the body, and a considerable enlargement is found on the thigh-line. By degrees, the head will grow perceptibly one-sided, and lumps will probably form on both it and the neck. The encumbered side is indicated by

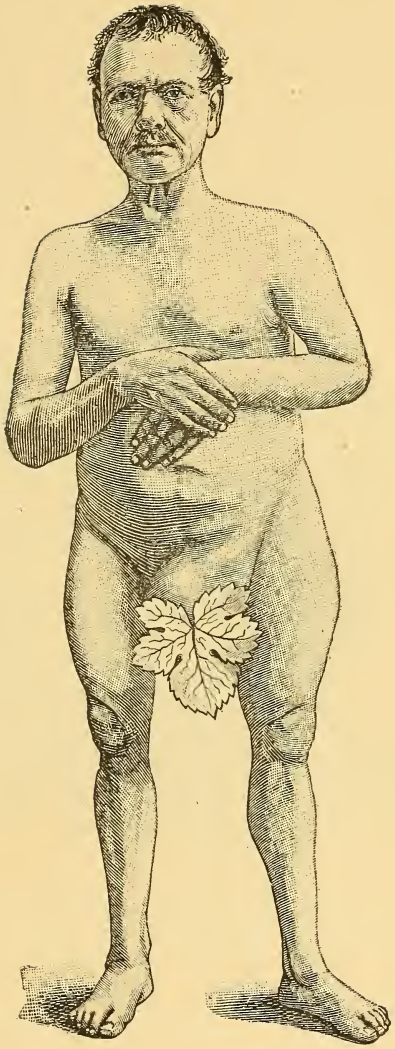

FIG. 17—ENCUMBRANCE OF THE LEFT-SIDE.

Figure, one-sided, left side broader than the right one. Head, size normal, does not occupy the centre line. Forehead, normal. Eyes, normal. Nose, normal. Mouth, normal. Jaw-line, normal. Neck, greatly enlarged on tne left. Shoulders, the left one broader than the other one. Body, left half broader than the right. Thig-hline, obliterated, with a great lump on the left side. Legs, the left thicker than the right.*

*This enlargement is caused by deposits of foreign matter. The greater circumference is here no sign of strength, but of weakness and disease.—The Translator.

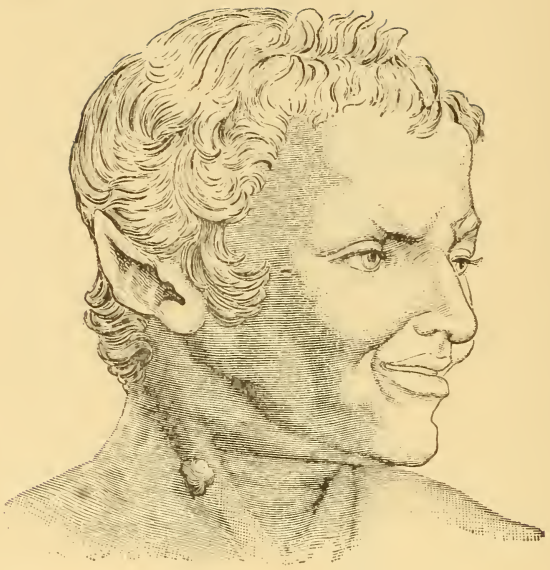

FIG. 18—SIDE AND FRONT ENCUMBRANCE.

Head, a little too large. Forehead, cushioned. Eyes, compressed. Nose, normal. Mouth, distorted. Jaw-line, missing. Chin, thickened. Neck, has almost disappeared; a heavy cord with warts * on the right side.

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*Warts usually indicate a considerable degree of encumbrance.—The Translator.

FIG. 19—FRONT AND SIDE ENCUMBRANCE.

Head, too large. Forehead, cushioned. Eyes, compressed. Nose, a little too large. Mouth, open. Jaw-line, normal. Neck, too thick, like a goitre, with lumps.

the tension in the muscles, produced by turning the head from one side to the other. Not infrequently, vertical cords or strings appear in the neck, indicating the course of the foreign matter. *The consequences of side encumbrance are more serious and more difficult to cope with than those following frontal encumbrance.* Not only *loss of the teeth, but of the hearing* also, is likely to ensue, especially if front and side encumbrance be combined. In such cases, a swollen cord is noticeable, running up the neck toward the ear. The *eyes*, also, become affected, probably with *cataract*. This appears first, of course, on the encumbered side. A person may suffer from a one-sided sick headache for years, without any apparent aggravation, until, at last, the encumbrance increases to such an extent, that some other place of deposit becomes necessary.

A lady whom I knew, suffered for fifteen years with *sick headache*. No relief could be obtained from the drugs administered by her family physician. He assured her that her trouble would lessen in course of time; and so it did, but at the expense of her eyesight. This, however, was regarded as a misfortune, brought on by some entirely separate cause, and no one—least of all the physician—divined that they originated in the same thing. Figures 15 and 19. *Left-sided encumbrance usually paralyzes the activity of the skin*, thus proving more dangerous than that of the right side, in which the body perspires profusely. *Foot-sweat* frequently accompanies right-sided encumbrance, and the internal fever is less. *Perspiration* of course, retards the progress of encumbrance, and so should never be suddenly checked, as serious disturbance in the system may follow.

C. Back Encumbrance. Figure 20.

Encumbrance of the back is by far the most serious possible. It may run through all degrees of enlargement even to the hump-back. If the foreign matter ascends to the head, the back of the neck will become enlarged, and the nape-line—that is, the line of demarcation between the neck and the back of the head—will be obliterated. The space there will, by degrees, become entirely filled with matter. The head, too, will grow wider on top, and the forehead will develop a

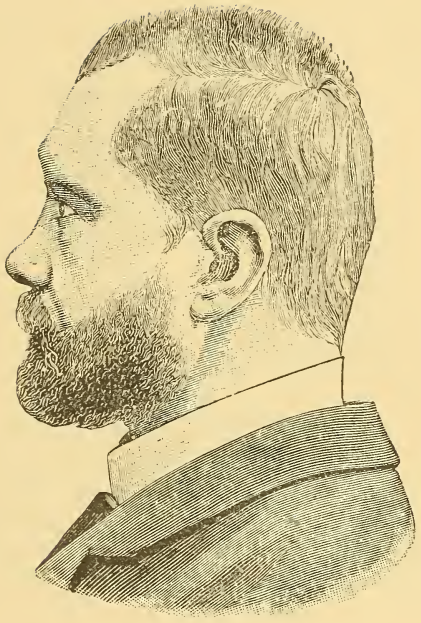

Fig. 20—Back Encumbrance.

Head, rather large. Forehead, cushioned. Eyes, dull and compressed. Nose, too thick in front. Mouth, open. Jaw-line, missing. Nape-line, missing; the back of the neck is quite filled in with foreign matter, so that the back of the head and the back of the neck almost form a straight line. Neck, cannot be turned. Back, round-shouldered.

Fig. 21—Back Encumbrance.

Head, too large, bent forwards. Forehead, cushioned. Eyes, rather protruding. Nose, normal. Chin and mouth, too thick. Jaw-line, absent. Nape-line, missing. Back, round-shouldered.

sort of cushion. The face may be attacked also—the encumbrance progressing downwards from the forehead. Back encumbrance is usually accompanied by *piles*; and, as the hips are afflicted as well, the *gait becomes staggering.**

Acute symptoms are always of a serious nature with back encumbrance, and the patient's only hope is in profuse perspiration, and immediate and energetic use of the eliminating baths.** *Disturbances of the system, such as are accompanied by a high degree of fever, usually attack children, while those forms of disease from which adults suffer, though quite as painful, are generally accompanied by a low temperature.* As soon as back encumbrance reaches the region of the head, *nervousness, inattention, loss of memory, lack of energy*, and even *insanity* may follow. *We never find a case of insanity without more or less encumbrance of the back. And herein lies the value of my facial diagnosis. By this means, the danger of mental derangement can be recognized long beforehand, and, with proper treatment, can be entirely averted.*

People, afflicted with this kind of encumbrance, are usually very active, almost restless, in the early stages. *Children*, so affected are *precocious*, but become *inattentive* and *absent-minded* as they grow older, and never fulfill the promise of their childhood. As they seem to have no organic trouble, however, physicians fail to discover the cause of their mental debility. *Adults, too, suffering in this way, are often ridiculed as hypochondriacs, and considered as specimens of health on account of their bloated body and flushed complexion.* Back encumbrance, also causes a *premature awakening of the sexual desires*, and leads, in both sexes, to *masturbation* and early *impotence*. Persons so afflicted, are invariably *incapable of procreation*. A woman affected in this way, is liable to have *miscarriages*

* I consider this staggering gait as more probably the result of encumbrance of the spinal cord. A. R.

** In case of back encumbrance, the system is usually so heavily charged with morbid matter, that hot vapor baths would act too powerfully, and the patient would probably become discouraged by the subsequent weakness. So I proceed more upon the line of Kneipp's method. I use less direct measures, preferably cold ablutions, douches and showers as well as cold sitz-baths, packs, compresses, and my own spinal friction baths.—(See note page 31.)—A. R.

or *premature births*. *Propagation* is possible, however, if the woman only is afflicted, or, if both man and woman, but only in a slight degree. Still, *the offspring of such a union are always weak and lacking in vitality*, and *the mother is unable to nurse them*.* If the signs of back encumbrance become noticeable throughout an entire nation, it is an unfailing indication of that nation's approaching downfall. The busts of the Romans and Persians, executed in the decline of those empires, give interesting and important evidence of the truth of this statement. Consequently, through *Facial Diagnosis* *we are*, to-day, *enabled to trace the true causes of the degeneration of these highly cultured people, and read a warning for our own good as well.*

Persons afflicted with back encumbrance are unfitted for any position demanding diplomacy, and quickly succumb in any mental strife. The person in figure 6, even though he were lacking in educational advantages, is really superior in ability to those shown in figures 20 and 21.

Back encumbrance is more common among what are called the "better classes," than with the poorer. ** Every one recognizing that he is a sufferer from back encumbrance, should *immediately* begin the work of freeing himself from it. One of the worst features of this affliction is, the *loss of energy* that ensues. The longer a person has suffered with it, the less able he is to throw off its yoke. As long as the foreign substances are soft, their elimination is comparatively easy; but if they are allowed to become hardened, their removal requires both time and labor.

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*Many mothers, who have nursed their first children, find themselves unable to do so with those born later, as their encumbrance has increased with every year. This, of course, is entirely unnecessary. Intelligent treatment, and proper diet, will make any one free from encumbrance throughout a long life. A. R.

**This necessarily leads to the obliteration of class lines. The "better classes," more frequently transgressing the laws of health in regard to diet, etc., will in the end sink below the average level. The "poorer classes," meanwhile, necessarily more abstemious, will, by degrees, take their places. Society, from this point of view, resembles a surging sea. A. R.

FIG. 22—BACK AND SIDE ENCUMBRANCE.

Back of head, too large. Forehead, too broad and cushioned. Eyes, normal. Nose normal. Mouth, normal. Jaw-line, normal. Neck, too thick, a heavy vertical cord on its right side. Nape-line, wanting.

Fig. 23—Back Encumbrance.

(Represents the person in fig. 22, when young.)

Head, almost normal. Forehead, normal. Eyes, normal. Nose, normal. Mouth, normal, Jaw-line, normal. Neck, rather thick. Nape-line, already missing.

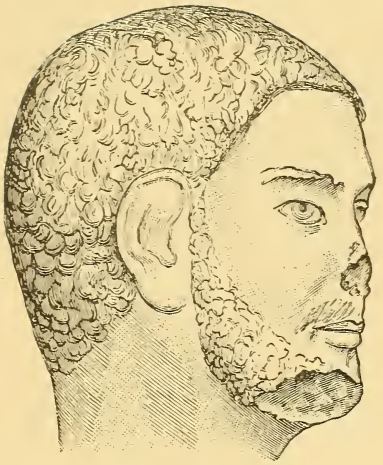

FIG. 24—BACK ENCUMBRANCE.

(Bust of a Persian.)

Head, its size normal, but its back part, too large. Forehead, normal. Eyes, normal. Mouth, normal. Jaw-line, normal; but Nape-line, missing.

FIG. 25—BACK AND SIDE ENCUMBRANCE.

(Ancient Roman Bust.)

Head, too large, especially its rear part. Forehead, somewhat cushioned. Eyes, normal. Nose, normal. Mouth, normal. Jaw-line, normal. Neck, too thick. Nape-line, absent.

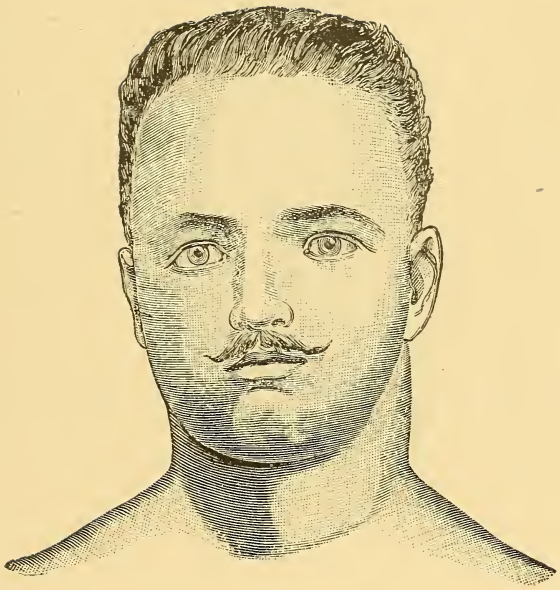

FIG. 26—UNIVERSAL ENCUMBRANCE, MAINLY OF THE LEFT SIDE.

Head, too large, held to the side. Forehead, too high and cushioned. Eyes, restless, Mouth, open. Nose, almost normal. Neck, too thick, especially on the left side. Jaw line. missing.

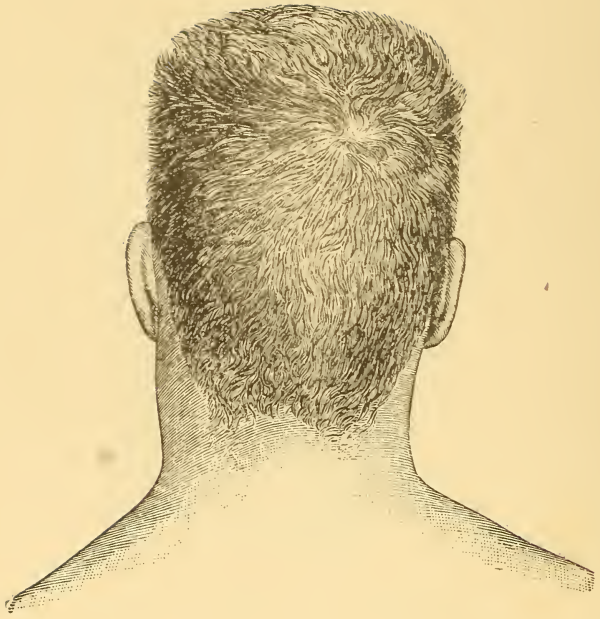

FIG. 27—UNIVERSAL ENCUMBRANCE. REAR VIEW OF FIG. 26.

The square shape of the head, and the surprising width ot the neck, are here quite conspicuous.

D. Mixed and Universal Encumbrance. Figures 8, 18, 19 and 26.

Front and side encumbrance are frequently found together. (figures 8, 10, 18 and 19). Side encumbrance may be connected, too, with encumbrance of the back, (figures 22 and 25), and even front and back encumbrance may be present in the same individual. Of course, those suffering from universal encumbrance are in the most serious condition of all. They are nervous, restless, discontented, and predisposed to acute ailments. They are *apt to die suddenly*, though, on account of their appearance of stoutness, (owing to the presence of so much foreign matter) they are usually thought to be in excellent health. In treating a person suffering in this way, *the chances of recovery depend a good deal upon the age and general vitality. The rapidity of cure depends on the same conditions.** The bloated condition of the body renders treatment more effectual. When the tissues begin to shrink and harden, recovery becomes more doubtful.

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*Women recover much more quickly than men. This is probably due to the fact, that the nervous systems of the latter are frequently overtaxed by excesses of various kinds. A. R.

FIG. 28—UNIVERSAL ENCUMBRANCE.

Head, too large. Forehead, cushioned. Eyes, normal. Nose, too thin. Mouth, a little open. Jaw-line, absent. Neck, enlarged all around and and immovable. Nape-line, obliterated.

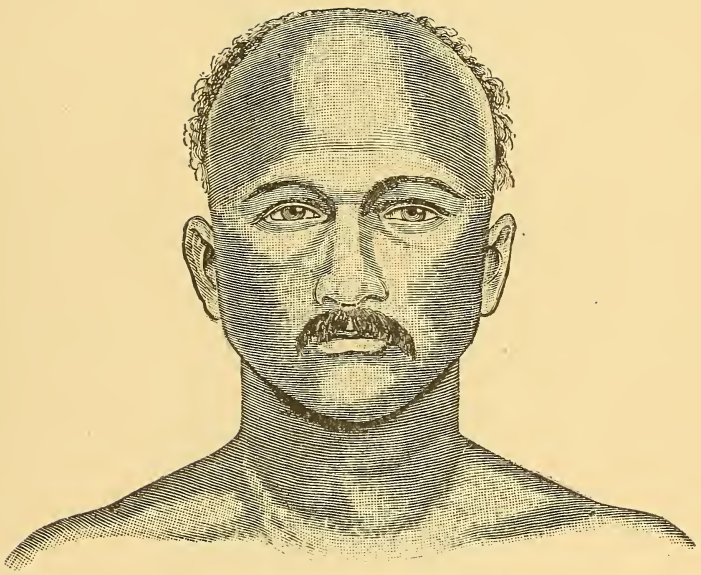

Fig. 29—Universal Encumbrance.

Head, too large. Forehead, shiny. Eyes, compressed. Nose, rather heavy. Mouth, a trifle open. Face, square. Jaw-line, missing. Neck, too thick, immovable. Nape-line, missing-

FIG. 30—UNIVERSAL ENCUMBRANCE.

Head, too large. Forehead, pretty normal. Eyes, restless. Nose, normal. Mouth, a little open. Face, deformed, broader below. Jaw-line, missing. Neck, too thick.

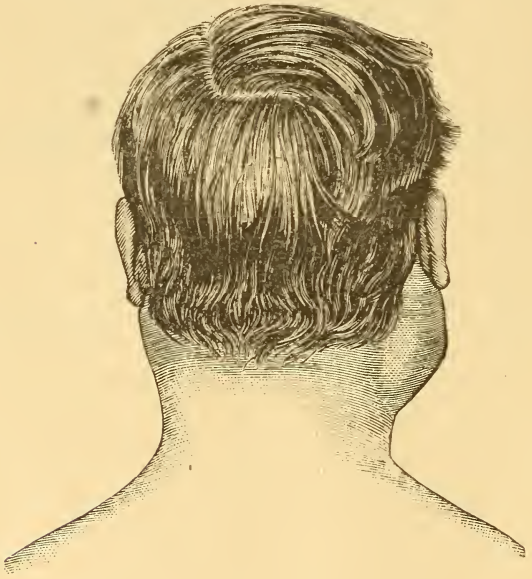

FIG. 31—UNIVERSAL ENCUMBRANCE.

Rear view of Fig. 30. Considerable swelling behind the ear. Neck enlarged and immovable.

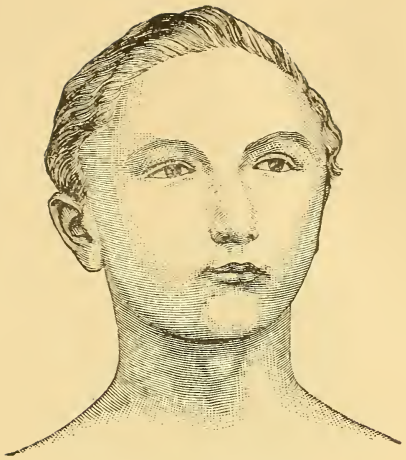

FIG. 32—UNIVERSAL ENCUMBRANCE.

Head, its form abnormal, much too wide above. Eyes, compressed. Nose, normal. Mouth, normal. Face, pale. Neck, stiff and too large,

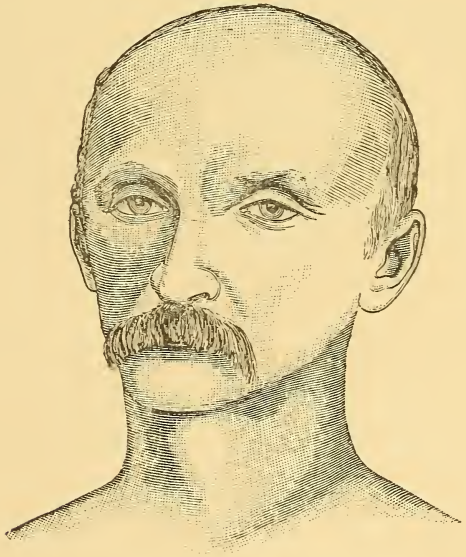

FIG. 33—UNIVERSAL ENCUMBRANCE.

Head, too large, too wide above, too narrow below. Eyes, compressed. Nose, normal. Mouth, normal. Face, distorted and pale. Neck, too thick and immovable.

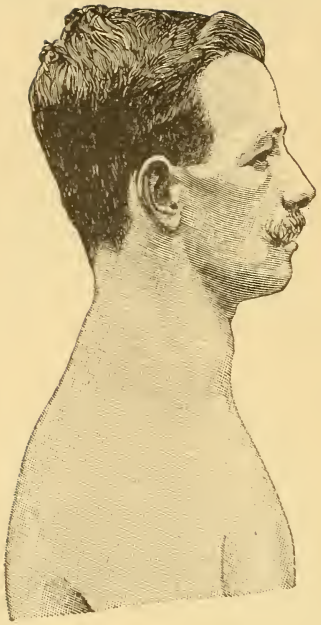

FIG. 34—UNIVERSAL ENCUMBRANCE.

Shoulders, sloping to a high degree. Head, angular. Back of head, too high. Forehead, normal. Eyes, normal. Nose, normal. Mouth, normal. Neck, too thick. Jaw-line, normal. Nape-line, absent.

Disease of Internal Organs.

The truths upon which Facial Diagnosis is founded, render the immense catalogue of current diseases entirely valueless. Its methods, however, are perfectly capable of determining accurately any particular organic affection. No matter what part is affected, *the organs of digestion* are always co-sufferers. All disorders begin with them, and, to the degree that impurities are deposited within their tissues, their working capacity decreases. A normally healthy person is quite unconscious of the process of digestion going on within him. Almost every one, however, is subject to minor discomforts in this respect, but little heed is given to them unless they increase to actual pain. When the foreign deposits begin to dry and become hardened, inflammation ensues, resulting in one of the two extremes, diarrhœa or constipation. Both are caused by undue internal heat.

Constipation is caused by the drying of the mucous lining of the intestines, so that the fæcal matter refuses to proceed, and becomes hard and dry. *Diarrhœa* sets in, when the body is still able to remove the effete matter. The food, however, being expelled before the digestive organs have abstracted all the nutriment contained in it, the body is but partially nourished. In both cases, the food is not properly assimilated, and the body becomes surcharged with effete matter. *Poverty of blood* and *consumption* are the consequences. This latter is revealed by *increasing weakness and emaciation, notwithstanding the so-called strengthening diet prescribed by physicians.* This clearly proves that a particular kind of food is not nearly so essential, as proper digestion of whatever is taken.* Wherever the encumbrance has settled, the internal organs nearest that spot, are sure to be affected. In the case of front encumbrance, the digestive organs are apt to suffer, but cure is not difficult.

* I do not agree with this view. The proper kind of food is the first thing essential to normal digestion; but the 'strengthening food' and 'stimulants' of the medical people are quite wrong. See 'Nature versus' Drugs' by Aug. F. Reinhold, M. A.

With back encumbrance, however, *hemorrhoids* are apt to follow, and all the symptoms are of a more or less serious nature.

The *liver* being part of the digestive apparatus, and situated on the right side, naturally sympathizes when that side is encumbered. The complexion becomes yellowish, owing to the inability of the liver to secrete the bile from the blood. *All encumbrance of the right side is followed by profuse perspiration, with sometimes offensive foot-sweats.* But these are only nature's methods of relieving the body, and should never be checked, but rendered no longer necessary by removing the aggravating cause. As soon as this is done, these unpleasant symptoms disappear and no dangerous results need be feared. Their suppression by drugs or external applications, however, is sure to be followed by evil consequences, as the foul matter, formerly carried off, must then find some other avenue of escape—possibly some vital organ.

The *kidneys*, too, are connected with the organs of digestion, and, as such, are apt to be the seat of poisonous deposits. Their condition is most easily ascertained by examining the urine which they secrete. (see page 23.) In back or left-sided encumbrance, the kidneys are often seriously involved; particularly in the latter case, as then the pores do not perform their usual function. The formation of soft, watery bags under the lower eye-lid, is almost always an indication of kidney trouble.

Encumbrance of the digestive apparatus involves the sexual organs as well, especially with women. This is not so at the beginning, however. Nature seems to endeavor to protect the organs of reproduction as long as possible.

Disease of the *sexual organs* may originate in two ways with women. Either the procreative organs become greatly charged with matter, or the uterus itself is displaced by an extensive encumbrance of the intestines. This latter condition, however, follows back-encumbrance only, which also is the *cause of barrenness, difficult parturition*, and *poverty in the secretions of the breast.*

If the encumbrance be unequally distributed, and especially if it affect the left side (which precludes relief by means of perspiration), *rheumatism* is apt to ensue. This develops only when the body is charged to the very extremities with foreign matter. It is usually

It is usually brought on by a considerable fall in the temperature. The sudden contraction of the blood vessels, consequent upon the cold, causes the foreign matter to accumulate at the joints. Hence the pain is never felt directly *in* the joint, but just *about* it. A full vapor bath * will open the pores, carrying part of the deposit away through them, and probably dissolving the rest. Otherwise it hardens gradually, and becomes *gout*, which is really only rheumatism treated by dry heat and other ineffectual means.

The presence of left-sided encumbrance makes the prediction of rheumatism and gout reasonably sure. This is especially so, if aggravated by back-encumbrance as well; for then the kidneys, which act as the depurating organs of the liquid effluvia, will become affected, and fail to purge the system of these additional impurities.

The heart also suffers, when the left side is encumbered, especially when this is coupled with frontal encumbrance.

Affections of the lungs are followed by the most direful consequences. *The chief fault of medical diagnosis, by means of auscultation, etc., lies in the fact that, by such means, disease is not detected until quite fully developed.* Whereas, Facial Diagnosis, by observing the character of the encumbrance, is enabled to note a tendency to, or possibility of *consumption* long before-hand, and so, to avert it. Lung troubles, when properly treated, by the Water Cure and other natural methods, are as curable as any other forms of disease. They originate only in an advanced stage of encumbrance. Impure air, too, affects the lungs injuriously.

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* One of the greatest evils of the Russian and Turkish Baths consists in the circumstance that the bather's head is in the hotter and his feet in the cooler space. This is *just the reverse* of what should be the case. The hot air ascends, as you know, heating the head and filling the lungs. Though the skin is cooled by shower and plunge baths afterwards, the lungs continue sensitive and relaxed from the long inhalation of superheated air, and this air is heavy with impurities as well—the repulsive exhalations and effluvia from other bathers. Persons who frequent these baths, are often suffering from every variety of infectious disease, such of the skin, lungs, and sexual organs, and yet, no provision is made in these establishments to guard others against contagion.

A strong healthy person, who takes such baths, may feel no immediate harm; on the contrary, the effect of having the pores of one's skin opened, and of the massage treatment, may appear to him beneficial; but the detrimental influence becomes evident at once upon a debilitated system. Physicians who have been in the habit of recommending such baths to their patients as a last resource, will do well to consider this matter carefully.—A. R.

FIG. 35—Back Encumbrance.

Head, normal. Neck, normal in front, a little too large behind. Back, with a most uncommon deposit of matter; it is owing to the formation of this lump, that the head has remained comparatively free from encumbrance.

FIG. 36—FRONT AND SIDE ENCUMB RANCE.
(Scrofulous child.)

Head, too large. Forehead, cushioned. Eyes, compressed. Nose, too thick. Mouth open. Face, square. Jaw-line, absent. Neck, too short and too thick.

FIG. 37—FRONT AND SIDE ENCUMBRANCE.
(Scrofulous child.)

Head, too large. Forehead, cushioned. Eyes, almost normal. Nose, too large. Mouth, open. Face, almost square. Jaw-line, missing. Neck, too short and too thick.

*Fever is the natural endeavor of the body to rid itself of foreign matter.** *As long as this is not understood by the medical school, they will continue to stifle and suppress it, and so to induce the development of consumption and other fatal conditions.* As a rule, the foreign matter reaches the lungs from above, and only after the head and shoulders have become fully charged. In some instances, however, the head remains free, and the foul deposit enters the lungs directly from the shoulders and neck. Thus, coming from above, the trouble effects the apexes of the lungs first. Usually, persons in whom consumption afterwards develops, were full and well nourished when young. Even then, however, a considerable pressure upwards could have been noticed,** and lumps were beginning to form in the abdomen. The face, too, was flushed and shiny, and became more angular with age. (Figures 37, 38 and 39). Later on, *the mouth was kept open, especially during sleep.* This tendency is hardly noticeable at first, but, as it increases, catarrh of the nose and throat becomes chronic. The nose may even become black inside, which, however, would indicate an advanced stage of encumbrance. When the body begins to sink and grow emaciated, it is *first noticeable in the nose,* which becomes conspicuously thinner. The apparent lengthening of the neck and shrinking of the shoulders, is due to the fact that the head is less affected, and the matter has settled principally in the shoulders.***

A person predisposed to lung trouble, is usually somewhat bloated in appearance, showing pressure toward the head.** All children with large heads (figures 37, 38, 49 and 51) are more or less scrof-

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* If the deposits of foreign matter in the system are the result of improper food only, they would then probably consist of half digested and unassimilated material, which forms excellent food for microbes. These minute organisms decompose this matter, and this gives rise to what is termed 'fever.' The deposits are transformed by this process so, that the blood is able to absorb and carry them to the depurating organs. Microbes, in this light, are seen to be far from injurious. It is the impurities which they devour, which are the real cause of the disorder. Quinine, and other drugs, given to kill microbes, kill the living tissues of our bodies at the same time; and really shorten our lives, while they do not benefit us even for the moment.—A. R.

** This is indicated by the disappearance of the nape-and jaw-lines.—A. R.

*** I would rather say that part of the lungs being expectorated, the upper portion of the chest collapses, drawing the shoulders and collar bones down. But, as the head is retained in its position by the spinal column, the neck must necessarily be lengthened out.—A .R.

ulous, and have probably inherited, from encumbered parents, the seeds of tuberculosis. The fight against the disease should commence immediately upon these first indications of trouble. As a rule, such children are liable to frequent coughs and colds, as the body thus endeavors to throw off the foul matter with which it is charged. Whatever is expectorated, or escapes from the nose, during such salutary crises, is only corrupt matter, of which the system is well rid. With frontal encumbrance, this natural effort is often entirely successful. Persons so affected, frequently attain an advanced age. But, with encumbrance of the back, the vitality soon becomes too low to endure such crises, and succumbs to the surfeit of accumulation. Often the system tries to cleanse itself by means of ulcers and carbuncles, which carry off large quantities of foul matter from the body. But, in this case also, if the vitality has become too low, the effort proves too severe, and the foul matter, unable to escape, falls back upon the lungs, and lumps or tubercles are formed. These are really only internal ulcers, causing no pain, but producing, after a time, a general feeling of debility. Even this, however, often fails to warn the patient of the very serious condition indicated by it. Very much the same explanation is applicable to lumps and excrescences of all kinds, such as piles, malignant growths, etc. *Plague sores*, too, are no exception. They are merely the result of nature's effort to cleanse the body. The fatality attending this endeavor, simply indicates the low vitality prevalent. *Leprosy*, too, that most dreaded form of disease, is quite similar in origin. Lumps form near the surface of the body, usually when the skin has relinquished all effort to *secrete* the sweat. The formation of any lumps indicates serious disorder, as well as a vitality too low to throw this off by natural means.

These symptoms follow heavy encumbrance of the back, and are rarely noticed with frontal affection. If the patient's vitality can be raised to such a degree as to enable the system to cleanse itself by means of ulcers, etc., cure is quite possible. These two forms of disease, *leprosy and consumption*, have many points in common. Both appear in tropical countries, and arise from much the same character of encumbrance, though we have no lack of con-

FIG. 38—FRONT AND SIDE ENCUMBRANCE.
(lungs affected.)

Head, its size almost normal, too broad below. Forehead, normal. Eyes, normal. Nose, swollen, chronically sore inside. Mouth, open. Face, square. Jaw line, missing. Neck, covered with lumps; fixed.

FIG. 39—UNIVERSAL ENCUMBRANCE.
(lungs affected.)

Head, its size normal. Forehead, normal. Eyes, somewhat compressed, dull. Nose, a trifle too thick. Mouth, open. Face, square and bloated. Jaw-line, disappeared.

FIG. 40—UNIVERSAL ENCUMBRANCE.
(lungs affected.)

Head, its size normal. Forehead, cushioned. Eyes, dull. Nose, too thick. Mouth, open. Jaw-line, missing. Neck, stiff and too long. Chest, fallen in.

sumptive cases in our temperate climate. *Both also are the result of medically suppressed or mismanaged fever, or perhaps syphilis.* If *syphilis*, treated in the usual way with mercury, has preceded the appearance of leprosy, the cure of this latter condition is almost impossible. Leprosy, like any other sickness, is accompanied by *fever. The inability of the medical schools, to cope with this form of disorder, lies in the fact that they are utterly ignorant of its nature.* In this case, they cannot effect even a *sham-cure* by suppressing the disturbance, and driving it to another part of the body, because the whole system is already overcharged with foul deposit. Despite the isolation of every case, this form of disease continues to develop, and physicians are still at a loss to account for its appearance. Bacilli of course, are named as the cause, but, in reality, *so-called medical science is wholly ignorant of its nature and origin.*

By Facial Diagnosis, however, even a *tendency* toward this or any form of disease, is easily detected, and the patient is warned of the consequence of thoughtless delay and fatal indifference. There is no doubt that leprosy, even after it is sufficiently developed to be recognized by a medical man, can be cured, if Water Cure methods are used in time. It originates, like all other forms of disease, in impure blood, and is curable by natural methods of purification, if treated before the loss of too much vital power.

Facial Diagnosis in Practice.

I have described to the reader the various symptoms by which the different forms of disease may be recognized. I shall now endeavor to place him in a position to acquire sufficient skill in the practice of Facial Diagnosis to be of benefit in his daily life. "Practice makes perfect," and skill in diagnosis increases with its use. This can be done, however, without making oneself an obnoxious member of society, or persisting in one's observations to the annoyance of others, as well as to the detriment to the cause of the new science. I will here give a guide to this practice—the result of a number of examinations, with illustrations of the same. It is to be regretted, however, that such indications, as the hue of the complexion, and manner of turning the head, etc., are impossible of reproduction. Often, of the encumbrance, too, only a portion can be shown.

I. A girl, as represented in figure 11, comes to us for examination. First, we notice her carriage and complexion. The former is not good, the head being inclined too far forward. The latter is too pale, to indicate health. The presence of foreign matter about the eyes, is easily recognized from their partly closed condition. This may eventually result in blindness. The whole head, too, is evidently very much encumbered. This is frontal in character, as the jaw-line is found to be much back of the ear. There is also encumbrance of the back, but to a less degree. By turning the head upwards, the nape-line is found to be almost normal. But, at the same time, considerable swelling and tension of the neck becomes apparent, and, on turning the head from side to side, trifling encumbrance of both sides becomes noticeable. This latter, however,

is slight, compared with the frontal affection indicated by the abdominal and the serious eye affection. But, as all front encumbrance is comparatively easy of treatment, even such symptoms need not be considered as alarming.

Of course, *all local treatment of the eyes would be useless.* The only mode of cure would consist in removing the foul deposits from the abdomen. In this way, the eyes will soon be restored to their normal condition.*

The sore on the arm is due to the fact that the blood had been entirely vitiated by vaccination and inoculation with tuberculine. Even a few weeks of natural treatment, in this case resulted in restored vision, and greatly reduced encumbrance in every direction.

II. At first glance, the appearance of the boy in figure 38 would indicate a fair degree of health. His complexion, although hardly of the normal, youthful color, is not bad, and his carriage is fine. But, on comparing him with a perfectly healthy child, his head is at once seen to be too large. This indicates some back encumbrance. The facial boundary line or (the jaw-line) is good, but there are lumps on the left-side of the neck, which become more obvious as the head is turned to the side.

If the head is bent backwards, we find also a great tension and swelling of the muscles in front. Hence the encumbrance is seen to be frontal and left-sided. The high temperature, and pressure of foreign matter toward the upper part of the body, indicate a far more considerable encumbrance of the body than at first appeared. This has settled partly in the forehead and partly in the neck, where it has formed into lumps. Similar swellings are to be found on the left side of the abdomen. Palpitation of the heart is another unmistakable symptom, as well as imperfect action of the pores, which always follows left-sided encumbrance. Digestion is, of course, impaired, and, should the matter rise still higher on the left side, headache, ear-ache, and loss of hair would result. In course of time, rheumatism may develop, and lumps appear upon the top of

*Specialists for the eyes, mainly restrict their efforts to that organ, and consequently, instead of producing a cure, make the patient worse.—A. R.

the head. As the encumbrance has settled in the neck, the chest is also in danger, and a dry cough would indicate certain affection of the lungs. The treatment for this case would consist in alleviating baths and a suitable diet. This would prevent the progress of the accumulations, and reduce the internal temperature. The patient being young, and suffering from little encumbrance of the back, there is no reason whatever, why persistence in these methods should not effect a perfect cure. Though, of course, as the deposit has already manifested itself in lumps, some time would be necessary for this.

III. In figure 7, the man's carriage is quite good. Though his complexion is of a slightly grayish tint toward the lower part of the face; it is otherwise almost normal. The face is somewhat awkward in shape. A glance at the side of the head and neck, shows us that this is another case of frontal encumbrance, for the jaw-line is almost entirely obliterated. On bending the head backwards, the neck appears swollen quite to the chin. Turning the head from side to side, however, no tension is observed, hence we infer that there is no side-encumbrance. The nape-line is good, so the back is evidently not affected. Loss of teeth and hair, and, possibly, some trouble with the eyes may be expected. But, as the trouble is entirely frontal, proper treatment in time will avert all this, and the patient may be assured a long and healthful life.

IV. In figure 16, the patient meets us with head inclined to the left, which at once shows her trouble to be of the right side. In fact, while the left side of the face is almost normal, the whole right side is unusually large and shiny. Turning the head, proves beyond doubt that this side is seriously affected. Foreign deposits in the right groin will probably result from this, as well as head, ear, and tooth-ache. But as perspiration is still normal, many serious consequences from colds, etc., are averted. As all the organs of the right side sympathize more or less, any acute disease would become evident there, first. Proper treatment would, however, overcome dangerous tendencies, and avert possible troubles.

V. In figure 17, we find the man's left shoulder a little higher than the right. The head is a little to one side, and in fact, the whole body is somewhat off centre. The left side is broader and stouter than

the right; a fact which even the tailor's art fails to conceal from the practiced eye of one accustomed to Facial Diagnosis. The pale complexion and despondent mien are also unmistakable symptoms. The right side, however, is found to be perfectly free of encumbrance, the front slightly affected, and the back considerably so. Of course, the abdomen is involved, and quite sizable lumps are found on the left side, which render many diseased conditions possible. *Heart trouble*, too, is likely, and a tendency to rheumatism, and perhaps *apoplexy*. These, of course, would chiefly attack the left side. In such cases, perhaps, a total cure would not be possible, but great amelioration and relief could be obtained.*

VI. Figure 20 shows a man who at first sight seems quite vigorous. A closer examination, however, discovers signs of over-feeding; and the body slightly inclines forward. His face, too, is quite flushed, and thick cushions of foreign matter are found on the forehead. From the absence of the nape-line, this is evidently a case of back-encumbrance. Indeed, the deposits in the neck have made it almost impossible to turn the head without moving the whole body. There is no front-encumbrance evident, but the indurated swelling proves that both sides are affected. The patient is very nervous, probably suffers from piles, and is incapable of any prolonged effort of the memory or attention; or, in fact, mental or physical exertion of any kind. Indeed, he is really in great danger of serious mental derangement. In a case like this, a complete cure can be expected only after long treatment. But a few weeks will show a considerable improvement, as the encumbrance has not yet hardened.

VII. The man in figure 2 approaches with short, slow steps. His carriage is not bad, but his flushed, shiny complexion indicates deep seated trouble. His unusual stoutness, too, indicates great encumbrance. The cushions of fat on the forehead, have almost

* I must differ from this opinion. I hold that the power of the Water-Cure has not, as yet, been fully tested. We are only on the threshold of the possibilities opened to us by these natural curative methods. I am convinced that *every* sickness can be cured, unless the vital parts of the body have been actually destroyed. Mere encumbrance is *always* curable, no matter how extensive; though, of course, by use of the limited number of methods to which Louis Kuhne confines himself, it is much longer in yielding to the treatment.—R. A.

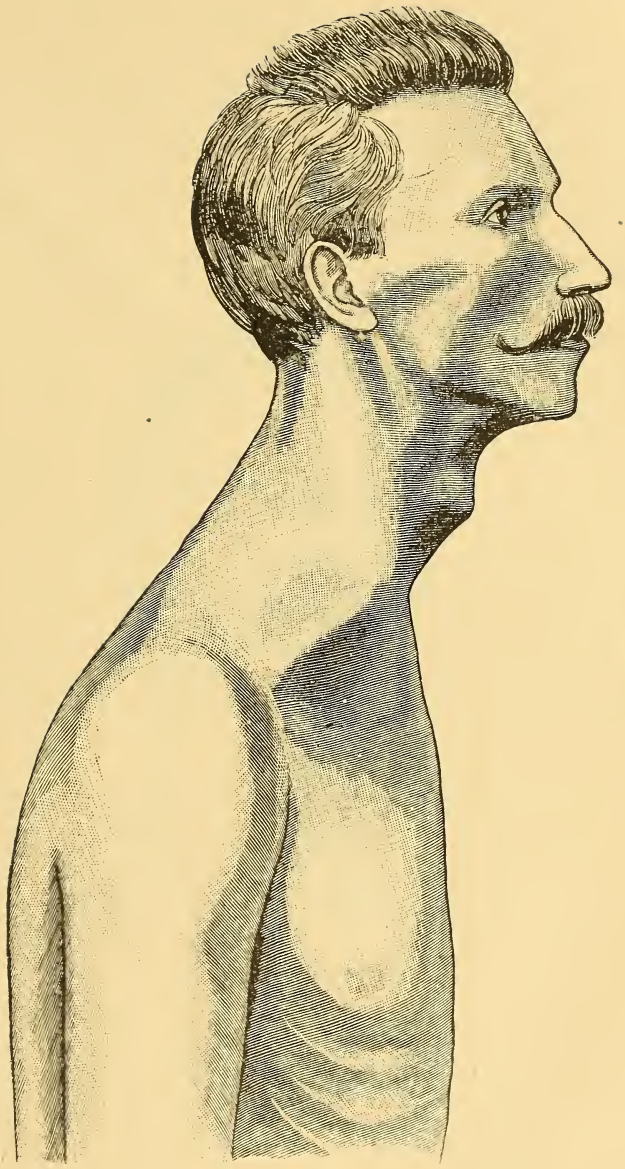

FIG. 41—FRONT AND SIDE ENCUMBRANCE.
(Consumptive.)

Body, emaciated. Head, bent forward; its size normal. Eyes, dull. Nose, normal in form, sore inside. Mouth, open. Face, too lean, of ashy hue. Jaw-line, normal. Neck, too long, immovable, with lumps. Nape-line, normal. Chest, sunk in. Forehead, free of encumbrance, and hair is luxurious. Shoulders, sloping, indicating lungs collapsed. No encumbrance of the back, hence the mind is clear. Patient is free of pain; serene expression of countenance; hopes for recovery to the last.

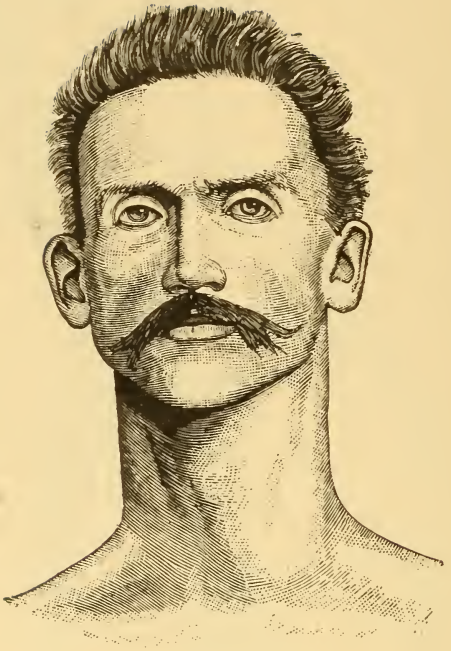

FIG. 42—FRONT AND SIDE ENCUMBRANCE.
Front view of the person represented in Fig. 41.

closed the eyes. The full, hanging cheeks, and his dull stare, show plainly that the whole head is surcharged, and mental obscurity probable. The swollen, rigid neck, is almost as large as the head, and both nape and jaw-line are wholly obliterated. This is a case of universal encumbrance, advanced to a high degree. *The majority of people however, totally ignorant of the standard of normal development, would consider this stoutness a sign of health.* The patient has probably been excited and nervous for a long time, and, possibly, has suffered with piles. He has, very likely, also been troubled with constipation and indigestion from his youth. *Insomnia*, too, is probably chronic, owing to the constant fever raging within. The loss of ability to perspire, has increased the upward pressure of the encumbrance. Although still in middle life, this sufferer is as *impotent* as a very old man. With such encumbrance, any acute form of disease is possible, and, unless treated at once, total loss of the mental faculties is inevitable. Complete cure is well-nigh impossible, and any abatement of this complication should be considered a great gain; especially as, in the nature of this diseased condition, the patient lacks energy to pursue any vigorous course.*

VIII. Figure 41 represents a man of some thirty years of age. His face is haggard, his head drooping, and his complexion pale, dull, and lifeless. All this indicates impaired digestion. The body is unable to get sufficient nourishment, because the food taken is not assimilated. The chest, too, is sunken; and the neck, long and thin, shows many lumps. (Figure 42 shows front view of the same.) It is plainly a case of front-encumbrance. On account, however, of the drying up of the foreign deposits, and the emaciation of the muscles, the jaw-line has again become normal. In bending the head backwards, the strong tension becomes apparent, and the lumps grow more prominent. Both sides of the neck, also, show considerable tension and enlargement, but the forehead is free, and the hair luxuriant. There is evidently no encumbrance of the back,

* Again, I must disagree with such a conclusion. I know, by long experience, the wide possibilities open to the practice of Water Cure methods, and I am confident that even so obstinate a case as the one described, would yield, in time, to proper treatment.—A. R.

and the patient's mind is consequently clear. But the deposit in the neck has increased to such an extent, as to force it down upon and into the lungs, hence the sinking of the chest. The chronic character of the ailment precludes pain, and consequently the patient's countenance is tranquil. He is one of those sufferers, who continue to hope for recovery until the last moment, and yet, though improvement is quite possible, the practiced eye can see at once that his chance for life is very small.* If the patient's condition had been rightly understood a year earlier, help would have been quite possible.

IX. As the boy in figures 51 and 52 approaches us, we see at once that the face is flushed and the head too large, and bent forward. The neck also is too short. Detailed examination shows universal encumbrance, which has proceeded from all sides up towards the head, and settled in the eyes. His abdomen, too, is bloated, as can be seen in both figures. While an ignorant observer might think this child robust, intelligent observation proves him to be seriously afflicted. As a matter of fact, when he came to me, he was almost blind, but in these illustrations his condition had already been greatly improved by Water Cure; and the swelling in the abdomen as well as the inflammation about the eyes, had both been considerably reduced.

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* I cannot agree with this view.
See "Nature versus Drugs," by Aug. F. Reinhold, M. A.

REMOVAL OF ENCUMBRANCE.

Cleansing the body of its impurities, is the only rational, in fact the only possible, way of curing disease. A mere suppression of some symptoms, shifting the matter from one place to another, as is done by drugs, is no cure. On the contrary, it is a real injury. This latter, however, is the course invariably pursued by our medical empiricists. Some other peoples' attempts at cure, aim more or less consciously at the true cause of all sickness, viz: poisonous encumbrance, but their methods are unreliable, and their success uncertain. In my "New Science of Healing," * I have minutely discussed and demonstrated the one efficient method of cure. Here, I can only briefly refer to it. But I wish to add an additional illustration of the fact, that *cure in any and every case is simply removal of encumbrane.* By Facial Diagnosis, too, it is possible to determine whether the recovery is real and complete, or whether only a considerable improvement has been effected by suppression of the most serious symptoms. In figures 43 and 44, a woman is shown with considerable side-encumbrance. For ten years, all the means known to so-called medical science were tried, to no avail. The lumps in the throat continued. Finally, she decided to test my methods, and figure 45 shows the improvement after two years and a half of this treatment. Not only have the lumps disappeared, but all other signs of sickness as well.** The face has lost its anxious expression, the cheeks have grown fuller, and the mouth is no longer ajar as before. The complexion, once pale, has become of a natural healthful tint, and the throat has grown round and smooth. With perfect digestion, too, has come *happiness, which is the truest beautifier.*

* See 'Principles of Water Cure,' by Aug. F. Reinhold, M. A.

** Water Cure treatment takes no more account of a dozen forms of disease, than of one. They all spring from the same source. When this is removed, they disappear. The same treatment that lessons one phase of the disorder, assists in the cure of all the others at the same time. Besides, we have no doubt that by a greater variety of applications than Kuhne employs, the above happy result might have been achieved in much less time.—A. R.

Figures 46 and 47 also illustrate the change that took place, under this treatment, in another instance. The former illustration shows the man greatly encumbered. He is suffering from nervousness, and is in constant danger of developing some acute form of disease. In the latter view, he appears quite thin, but it must be remembered that all impurities have to be expelled, before healthy tissues can be built up. This man, now, despite his advanced age, is in a fair condition to gradually increase his weight with healthy flesh and blood.*

In the following letter,** this patient describes his treatment of himself according to my methods. Knowing his advanced age, I, personally, would hardly have dared to prescribe such rigorous treatment. He writes:—

"Neither of the enclosed photographs has been retouched, as I wished you to see me exactly as I was. The first was taken in 1889, when I was dismissed from Dr. K's sanitarium, as cured. But who could mistake that for the picture of a well man? I could have laughed at the idea, were the matter not such a serious one to me. The second photograph was taken after three years and a half of careful adherence to Kuhne's diet, and methods in general. Even now, I still take daily three friction baths, of thirty or forty minutes each. I take the first at about six in the morning. From eight till nine o'clock, I walk (barefoot, if possible). This I vary with gymnastic exercises in a sunny wood, dressed only in shirt and trousers. From nine to eleven, I work, after which I take another friction bath, and, later, dinner. Then I rest until two o'clock, and afterwards work until five. Between that and six o'clock, I take a walk; at seven, a friction bath; and at nine, I retire. My diet from January 1890, until August 1892, was regulated as follows: Three meals daily; mornings and evenings, only whole meal bread or meal unprepared, and eaten dry; also fruit—chiefly apples and grapes. For dinner, I took vegetables and various dishes made of flour and fruit. Fruit should always be taken raw,

* Water Cure restores both mental and physical equilibrium and norm. As an instance, in the physical line, the obese lose their abnormal weight, while the unnaturally thin begin at once to gain in flesh.—A. R.

** Only the essential portions are given.—A. R.

FIG. 43—BELONGS TO FIG. 44 AND 45.

FIG. 44 FRONT AND SIDE ENCUMBRANCE.

(The same person Fig. 43.)

Head, of normal size. Forehead, normal. Eyes, normal. Nose, normal. Mouth, open. Face, too lean. Jaw-line, obliterated. Neck, shows large lumps. Nape-line, normal.

FIG. 45—NORMAL FIGURE.

Represents the same person as Fig. 43 and 44, after taking the Water Cure.

FIG. 46—GENERAL ENCUMBRANCE.

Head too large. Forehead, cushioned. Eyes, compressed. Nose, too thick. Mouth, open. Jaw-line, obliterated. Neck, too thick. Shoulders, sloping very much. Very nervous.

FIG. 47—Represents person in fig. 46 after taking the Water Cure.

and never boiled. Since August 1892, I have taken all food *raw*. Breakfast and supper continued the same; but for dinner, all vegetables were taken uncooked, except potatoes, which were partially cooked, and seasoned with a little lemon juice. Bread was totally discarded, and replaced by raw meal; from January, 1893, until August of the same year, I took only two meals a day, omitting breakfast; but continuing the same bill of fare for the two other meals. I found, in this way, that I worked with greater facility. Since August 1893 until this present date, I have taken breakfast and dinner, and omitted supper. The pictures speak for themselves, and need no comment. I must add, that, although I am fifty-five years of age, a new molar appeared, (but remained only for a year, however,) and the bald spot on top of my head has become fully covered with hair. Now, I am trying a daily sun, and air-bath, and find their effects decidedly beneficial."

Increasing the Vitality.

In order to restore a body to its normal state of health, every available means to that end must be considered and utilized. *The degree of vitality is the foundation upon which we build.* When this has become seriously lowered by the pressure of poisonous encumbrance, every effort must be made to raise it; and everything that tends to reduce it, must be avoided. The common sources of our vitality are the food we eat, and the air we breathe. These, of course, play an important part in the restoration as well as in the preservation of health. I shall take up the question of nutrition more in detail under the following heads:

1.—What Shall We Eat?

2.—Where Shall We Eat?

3.—When Shall We Eat?

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*See 'Nature vs. Drugs,' by August F. Reinhold, M. A.

What Shall We Eat ?*

This question has been answered at length in my text book on "The New Science of Healing." ** *The fact that we have teeth, indicates plainly that our diet should consist principally of solid substances.* I fully indorse the so-called Dry Diet, especially for sufferers from indigestion. With these, liquid foods, such as soups, milk, coffee, wine, etc., agree but poorly, and can never prove of any real benefit to them. *From the experience of a number of dyspeptics,*** I have gained the following general points: Cooked food is always less digestible than the raw article. Slightly unripe fruit is more *easily* digested than that fully ripened. Young leaves are especially good for a weak digestion. Of course, only small amounts can be taken at a time. Nature will indicate, when sufficient has been consumed. At first, unripe food is apt to cause diarrhœa, because, being readily digested, it also throws out other materials with it. This irregularity, however, soon passes off, and then it aids in the process of digestion. Fruit is always most wholesome when gathered directly from the tree. *Domestic fruits* are consequently preferable to those imported. As a rule, we may infer that nature produces in each locality the proper food for people living there. Where this is not the case, the country is not fit for human habitation. In point of fact, no Esquimau is quite healthy, and never attains any great age. The average vitality with them is low, and it is more than probable that their life, as a race, will be short. I must devote a few remarks to the *feeding of children. For infants, the mother's milk is the only natural diet. Children, deprived of this, are prone to encumbrance, and consequently to all sorts*

*** As to these points, I have arrived at a similar conclusion by means of inductive reasoning only by starting from entirely different premises. For this, and also in reference to the notes * and **, see 'Nature vs. Drugs' by Aug. F. Reinhold, M. A.

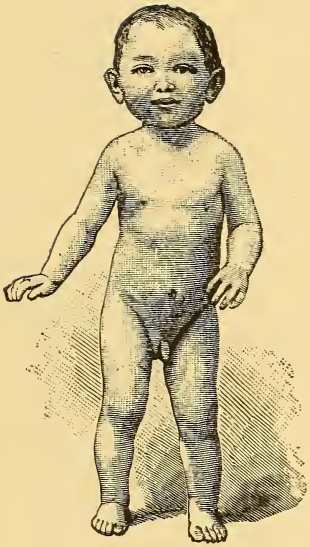

FIG. 48—NORMAL FORM.

All parts harmoniously developed. Head, of normal size. Specially observe the normal size of the abdomen. The child was nursed by its mother, and could walk when 9 months old. It was one year old, when photographed.

of disease. See Nat. vs Drugs. Figure 48 shows a child nursed by its mother. Compare this with those in figures 49 and 50. These latter were fed upon artificial foods. Their heads are too large, and their abdomens higher than is normal. Such children, too, are apt to be unnaturally precocious. But they are the more to be pitied on that very account. This artificial stimulation of their mental faculties *is really a sign of disease,** despite their fine promise and their parents' pride; they rarely fulfill the hopes built upon them. Phrenologists, too, have failed to recognize this as a disease. I have seen children who at the age of seven, conversed with the sagacity of a person of twenty years. After attaining to that age, however, they will, as a rule, be found far behind their companions. This explains the musical infant phenomena, who, at first, attract great attention, and then disappear, after reaching a certain age, rarely succeeding in becoming true artists. Figure 52 shows a boy who is now being exhibited to admiring crowds in large cities, as an infant prodigy. He seems of robust built. Medical examination failed to find anything abnormal about his physical condition. Facial Diagnosis, however, seeing more clearly and deeply into the matter, reads the riddle aright. It warns the guardians of such diseased **children against the future, probably in store for them. The abnormally vaulted forehead and glassy eyes indicate great pressure. The digestion cannot be normal. Quite a degree of side and front-encumbrance probably exists. The width of the top of the head indicates abnormal brain-development, which means serious disorder.***

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* Not from the start; but it may lead to it. See note ** on this page, and also the note on pages 95 and 100.—A. R.

** They are not diseased in the beginning. Mere warning is useless. Their ambition must be curbed, and great attention given to their physical development. —A. R.

*** I would give a different explanation of the matter. All encumbrance in the system is of course simply *dead* inorganic matter. If this were deposited in the brain, it might lead to phenomenal *obscurity*, but, in my opinion, *it could never stimulate mental action, nor produce a wealth of ideas.* A. R.

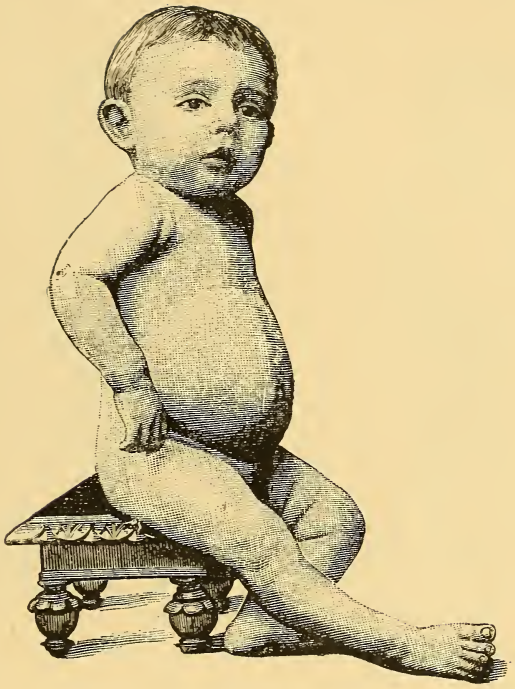

FIG. 49. UNIVERSAL ENCUMBRANCE.

Body, too thick and awkward. Head, too large. Forehead, cushioned. Nose, too thick. Mouth, open. Neck, too short and thick. Jaw-line, missing. Abdomen much too large. Arms and legs, too clumsy. The child was brought up on sterilized milk, and when 1 year and 9 months, it was scarcely able to sit alone.

FIGS. 50 AND 51.—UNIVERSAL ENCUMBRANCE.

A child of three years, seen from the front and the side. Body, awkward. Head, too large. Forehead, highly cushioned. Eyes, compressed, almost blind. Jaw-line, missing. Neck, stiff, the head can scarcely be turned. Abdomen, hanging down, full of foreign matter. Arms and legs, thick, stiff and inflexible. Had been fed with sterilized milk. An example of artificial feeding.

The process of digestion begins with mastication, and ends (with a part) in the evacuations. The rest is elaborated in the blood-vessels, lungs, liver, etc., and, finally, the last remnants are secreted by the skin, lungs, and kidneys. *It is a great mistake to try to influence the process of digestion in any way, as is often attempted by means of drugs and predigested foods.** *This work belongs wholly to nature.* The whole process is so closely connected, that, to try to forestall or interfere with this or that detail, can only do harm, retard nature's efforts, and lead to other irregularities in the body. Through the process of digestion, the body elaborates all the materials necessary for its own well being. It is like a distillery, where extracts of various substances are made. *In artificially relieving any organ of its proper work, that organ is weakened and disabled for future service.*** When the digestive apparatus has become impaired, it should be made to work only on limited amounts of food, and on such materials, as will most readily yield their nutriment. In thus economizing our powers, we shall be able to invigorate the whole body more easily and quickly.

***When a child first exhibits unusual talents, I believe the brain is free from encumbrance, and to this extent I hold with the phrenologists. But the nerves soon become overtaxed and irritated by this excessive activity. The blood is then unduly claimed in this portion of the body, to the detriment of the health of the others. Digestion thus suffers, and consequently encumbrance increases. This exists as impurity in the blood, and is deposited of course where the supply of blood is most copious. This is always at the point of irritation, which is consequently the spot most easily inflamed and most susceptible to disorder. Instructors have always insisted that precocious children should be curbed rather, than encouraged in mental activity, and they are right. If the physical culture and development of the individual could keep pace with the mental, and the whole be in perfect health and proportion, there would be nothing alarming in infant precocity. *It is not a high order of intellect that is to be regarded as abnormal*, but the development of mental faculties *at the expense of the physical*.—A. R.

*These should be most carefully avoided; otherwise the degeneration of the digestive organs is the inevitable result.—A. R.

**Just as for strengthening the muscles, we exercise them judiciously. Inactivity would only weaken them.—A. R.

FIG. 52. FRONT AND SIDE ENCUMBRANCE.

Body, normal, Head, too wide on top. Forehead, protruding. Eyes, staring. Nose and mouth, normal.

Where Shall We Eat?

As mentioned before, much depends upon the lung-food, or air, being of the proper kind. Good pure air is as necessary to life, and to the raising of our vital power, as good food is. When eating, we involuntarily breathe more deeply, and, during mastication, some air is swallowed as well. It is best, therefore, to eat in the open air, or, at least, in well-ventilated dining rooms.*

*Those who exercise in the open air, have almost invariably a regular, healthful appetite. Even a day's excursion proves this to every one.—A. R.

When Shall We Eat?

In general, we may answer, eat when hungry. But hunger can also be regulated to a great extent. Most people live so unnaturally, that their hunger is usually ill-timed and morbid. Wild animals take their principal meal in the early part of the day. Nature indicates this as best. In fact, the day may be divided into two distinct parts or times. The earlier part is that of animation and activity, beginning with sunrise and the awaking of nature. Taking the Sun (which is necessary to any form of life) as a guide, the Time of Calmness, and comparative composure, would increase gradually from noon on to the close of the day. Night would naturally be the time of least activity, or, perhaps, of none at all. Many people, however, quite reverse this order. They make the evening and night the time of most activity, excitement, and drain upon the vitality. The digestive organs, too, are found to be more vigorous in the morning. From this, we would naturally infer that they should be given the greater labor at that time. Some one may raise the objection that many persons, especially the sick, lack this vigorous appetite in the early part of the day. From this, they argue that they should not eat until hunger is felt. This condition is due either to present disease, or injurious habits in the past. In either case it is not normal. The gratification of such unnatural

desires only leads to dangerous results. Turning night into day, and bed-time into dinner-time, has caused this century of ours to be styled the "nervous age." This is the cause, also, of many of the serious maladies arising from back-encumbrance. Food taken at unnatural hours, cannot be thoroughly digested. It keeps the digestive organs at hard labor during sleep, when they should be at rest with the other portions of the body. It is a tax rather than an assistance. Unnatural cravings for food should be overcome. A little intelligent perseverance will soon bring most happy results.* One may imagine, it would prove a difficult thing to reverse the order of one's life. If the new order be natural, however, it will prove comparatively easy, for *the body readily adopts normal habits.* Try going to bed early without your supper, and do not yield to the lassitude that would keep you from rising early in the morning. Your appetite will be improved, and your vitality will gradually be restored, as this mode of life becomes habitual. All active work should be performed in the animating or earlier part of the day. The act of *procreation*, also, should take place during this period, as it will thus exert a lastingly beneficial influence upon the fruit. The body is unfitted for this important function in the evening and early part of the night, because it is debilitated from the cares and labors of the day.**

I know by experience that vitality can be regained more rapidly and retained much longer, by observing this natural division of the parts of the day. The reason that acute forms of disease show more malignity during the latter part of the day and night, is because the system is less able to resist them at that time. This should teach us that no unnecessary tax ought to be put upon our vitality at this time of natural repose.

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*The sick or those who are not exercising, should eat lightly, though perhaps more often than those engaged in hard manual labor. With these latter, the blood cannot be performing its functions in two places at one time.—A. R.

**As to its frequency, see 'Nature vs. Drugs,' by Aug. F. Reinhold, M. A.

The Relation of Facial Diagnosis to Phrenology.*

Phrenologists claim that each particular faculty is located in a separate part of the brain. They argue from this, that, if any part be unusually large, the faculty there situated will be correspondingly developed. I cannot consume time discussing the detailed conclusions drawn by phrenologists. There can be no doubt that the size and shape of the head indicate, in some degree, the activity of the mind. But it is also true that the normal brain is so formed that no single faculty predominates, and *much of the variation in size and contour is simply due to encumbrance.* This always acts as a stimulant, at first,—as has been shown in the case of precocious children—but, later on, the effect is quite the reverse.

Phrenologists locate benevolence, reverence, hope, etc., in the frontal lobes of the brain. These are just the faculties or tendencies we invariably find most fully developed in persons with front encumbrance. These have what may be called 'tact,' and 'social instinct.' People afflicted with back-encumbrance, however, shrink from intercourse with their fellow-men. Though the phrenologist has made a close study of the various mental developments, he cannot account for their origin.

Now, it is upon this point that great light is thrown by Facial Diagnosis. An unequal development of the brain follows any encumbrance. Hence, (we may conclude that the removal of the encumbrance will restore the mental equilibrium. This

*We have now gained a much clearer idea of our position in nature, than was possible, prior to the study of comparative anatomy and physiology. Now, if phrenology is to be raised to the rank of a science, we must widen its scope. We must compare, not only the brain and its faculties, but the entire nervous system, with the corresponding mental manifestations, as well. This should include all organisms, dealing principally, however, with vertebrates. Phrenologists commence their measurements of the head at the opening of the ear. This, however, is wholly arbitrary. It was adopted merely for the sake of convenience, in regard to the human brain. With other vertebrate animals, the ear-opening has the most varied location. With the horse, for instance, it is quite at the top of the head. The

point becomes of particular importance regarding *the appearance* of *dangerous passions*, in consequence of the one-sided development of the brain. *People lament the indication of such tendencies in children.* They regard them as the outcome of the times in which we live, of the mental atmosphere, etc. In reality, *they are the direct result of diseased physical conditions, and can be overcome and eradicated by purifying the physical organism.**

brain is a gradual development of the spinal cord. Hence, to make a comparative study of the brains of all vertebrate animals, I think measurement should commence from the opening of the skull, where the brain itself starts. There is another point, too, that should be taken into account, in this study. With the majority of people, the two sides of the head are unequally developed, and the mental faculties, modified proportionately. I know a right-handed man who is very much encumbered on the left side. Both upper and lower molars on this one side were early destroyed, and the whole left side of the skull was much less developed than the right. The power of speech, also, was impaired, and mastication difficult. Now I believe that by means of the use of artificial teeth in the left jaw, this entire side would have been more exercised, and the power of speech restored to its norm.—A. R.

*From Kuhne's representation, it would appear that front-encumbrance were able to produce the manifestations of Benevolence, Tact, etc. In agreement with our notes on page 95, we hold on the contrary that front encumbrance, being caused by a deposit of *dead* matter, *cannot* produce any such manifestations of life. Deposits can only lead to mental obscurity. Indirectly, however, part of the brain may be aroused to abnormal activity by being supplied with an excess of impure blood. This excited state lasts a *limited period*, and ends in prostration and inaction. Abnormal mental activity cannot exist with *chronic* conditions of the respective parts of the brain. Besides, Kuhne contradicts himself, saying on page 35 'There is never an affection of the mind if the encumbrance is entirely frontal.'—A. R.

SUMMARY.

BY THE TRANSLATOR.

1 Signs of Health. 2 Symptoms of Disease.

SIGNS OF HEALTH.

A Good Appetite for natural food, and a relish for simple, healthful articles of diet, are signs of a normal condition of body and mind. Satisfaction should be reached before satiation, and should be followed by no unpleasant feeling of fullness or tightness. Digestion should proceed quietly and unconsciously.

When Thirsty, there should be desire for fruit, or water only.

The Urine should be clear, and of a golden yellow color. It should have neither a sweet, sour, nor pungent odor, nor should it coagulate when boiled. Its voiding should proceed easily, and without pain.

The Faeces should be of a yellowish brown color, solid and cylindrical, as seen in healthy animals. They should leave the rectum without soiling it.

Healthy Perspiration has no disagreeable odor.

The Skin should be warm, smooth, elastic, and somewhat moist. It should be easy to raise from the forehead, cheek-bones, and nape-line. No fatty cushion should settle between the skin and *bones* in these places. Pressing the tip of the finger on any part of the skin, the depression thus made should disappear immediately on removing the finger, and there should be no wrinkles in the skin.

The Complexion should be neither pale nor flushed. It should be free from pimples, warts, or ulcers, and nowhere show tension, shine, or unnatural discolorations.

The Hair should be full, and of its natural color.

The Eyes should be clear and bright.

Respiration should be free from any noise or difficulty. The breath should be habitually inhaled through the nose.

Sleep should be restful, quiet, and uninterrupted.

The Neck should be free from swellings, or lumps, and its muscles should be mobile.

The Abdomen should be soft and low. No young or healthy animal has a high abdomen.

The Head should be symmetrical in shape, and on the centre line of the body.

Both Sides of the body should be equally proportioned.

Both Shoulders should fall in the horizontal line.

All Parts of the Body should be of proper size, proportion, and vitality; in keeping with the person's age, constitution, and occupation.

The Three Lines of Demarcation, which are the jaw-line, nape-line and thigh-line, should be clearly defined.

The Carriage of a healthy person, should be erect, and his movements should indicate perfect control over his muscles.

Change in the Temperature or humidity of the atmosphere should cause no discomfort whatever.

The Mind should be well balanced in all its faculties, and the disposition cheerful, hopeful, and benevolent. The healthy body finds pleasure in the performance of every function, in seeing, eating, even in evacuations from the bowels and bladder, as well as in digestion, and the removal of effete products.

The Sound Body performs all functions without pain, difficulty, or the need of artificial stimulants. Neither young nor old should at any time be conscious of any particular organ. There should be no fluid secretion from the skin or any mucous membrane. Sweating in summer, however, cannot be considered an indication of anything abnormal.

All Sensations, whether physical or mental, should be normal, not dull, nor yet supersensitive. A palsied condition of either mind or body, is abnormal; neither should one's equanimity be destroyed by a trifling vexation or a pin prick.

Symptoms of Disease.

When the *ejections* from the bowels look white, black, or gray; when they are in the form of hard balls, or liquid matter, or contain blood, or worms, or have a very offensive odor, it is an indication of disease.

The *Skin* indicates disorder, when it is soft like velvet, and cushion-like beneath. It should not be dry and cracking, as is often seen on the hands and finger tips. Profuse perspiration, specially in cold weather, and, at night, is abnormal.

Gray Hair generally indicates exhausted vitality. Loss of hair shows that the scalp is encumbered.

All acute disease is preceded, perhaps for years, by continued deposits of foreign matter. These sometimes appear as painless swellings, or lumps. If distributed, however, evenly over the body, they give a person the appearance of being robust. These deposits, of course, greatly alter the shape of the body. The color of the skin, too, changes to an ashen or yellow hue. The appetite becomes morbid; craving for spices, stimulants, etc., leads to lower tastes and sexual excesses.

The Pupil of the Eye should be jet black; grayness indicates cataract. The iris should be of uniform color. Brown rays near the inner margin, next to the pupil, indicate an affection of the liver, and dark irregular spots show quite heavy encumbrance of this organ. Irregular gray spots in the iris are symptomatic of nervous affections. A gray ring about the outer margin, (the so-called Arcus Senilis) is a sign of low vitality; and a uniform dull appearance of the iris, proves universal encumbrance. The pupil of the eye must readily contract under the stimulus of light, and as readily widen in darkness. A deficiency in this respect shows great encumbrance.

Foreign Matter Follows the Law of Gravity. Persons who sleep habitually on one side, find that side most liable to be encumbered.

In Front Encumbrance, the neck swells at the front. * The lips,

* (In speaking of swellings of the neck, chronic conditions are referred to.)—A. R.

nose, chin, and perhaps the whole face, is enlarged and clumsy. The jaw-line disappears, and, possibly, a goitre may form. Front encumbrance leads also to such acute forms of disease as measles, scarlet fever, diphtheria, pneumonia, etc. Other ailments follow, such as loss of teeth, (the lower ones first,) loss of hair, (beginning at the front) nervousness, affections of the eyes, etc. This kind of encumbrance never leads to mental disorders, and is comparatively easy of cure.

Side Encumbrance is of a more serious nature than the frontal. All parts of the affected side may be enlarged, and loss of teeth may follow. Cords will probably appear in the neck, and there will be a tension of the muscles when the head is turned.

In Right Sided encumbrance, the body perspires freely, and thus retards the progress of the deposits. Should this action of the pores be checked suddenly, the patient's condition would at once become serious. Foot-sweat frequently accompanies right sided encumbrance. The liver, too, is affected, giving the complexion a yellow tinge. Foot-sweat often acts as a "safety valve" in complaints of the liver.

In Left Sided encumbrance, the action of the skin is not normal. The left kidney, the spleen, and the heart, may be affected. It is more dangerous than right sided encumbrance. Rheumatism and gout may be expected in a case of this sort; and the heart is almost certain to be involved, if left sided encumbrance be combined with frontal deposit.

Back Encumbrance is the most dangerous of all. It frequently causes affections of the spine, and symptoms of paralysis. The back of the neck becomes thick, and the nape-line is entirely obliterated. Loss of hair follows, beginning at the back. Encumbrance of the back often works up over the head and down into the forehead. As soon as the head is affected, nervousness begins, with inattention, loss of memory, want of energy, and, perhaps symptoms of insanity. Here again we see the importance of Facial Diagnosis. It enables us to discover the *approach* of insanity, and, consequently, to escape it. With children, high fevers accompany back encumbrance as well as undue precocity. Adults often have a bloated appearance,

giving the ignorant, the impression of robust health. Premature sexual desires, leading to secret vices, are a consequence of this kind of encumbrance. This causes early impotence, incapacity for procreation, or feeble offspring. A woman with this affection, will be liable to miscarriages, or total barrenness, and, in any case, will be unable to nurse her children. The kidneys, too, become disordered. This is indicated by soft, watery bags beneath the lower eyelid, as well as by the character of the urine. Persons suffering with back encumbrance become morbid and hopeless, often lacking energy even to continue the eliminating baths necessary for cure. They also appear at a disadvantage in dealing with others, and are apt to be "worsted" in a test of skill or mental ability. This affection is more common with what are termed the "better classes." Thus we see a constant balancing of accounts between the social strata. The poorer, by reason of their greater vitality, gradually rise above the average level of intellect. The richer, because of their neglect of the laws of health, eventually sink below it.

With all kinds of Encumbrance, the organs of digestion are affected, as well as the intestines and lungs. A change in the temperature, or some mental excitement, often disturbs the deposits of foreign matter to such an extent that inflammation ensues. This may result in diarrhoea or costiveness. In either case, it indicates bad nourishment or extreme poverty of blood. Sometimes Consumption follows. This is as easily cured by water processes as any other disease, because Facial Diagnosis makes it possible to recognize tendencies in this direction much sooner than could be done by any other method.

Children With Large Heads, are always scrofulous, and predisposed to consumption.

Colds are to be regarded as salutary crises, as what escapes from the nose, and what is thrown off in expectoration, is only foul matter, of which the body is well rid. This also is true of catarrh. Physicians fear colds because they do not understand their nature, and cannot control them. But the hydro-therapeutist produces this effect *intentionally*, by means of cold water applications. In every instance, a cold should be salutary, and is so, if not suppressed by

poisonous drugs, which stifle nature's efforts toward cure, and retain the impurities in the system. Cure is only possible, when the patient has sufficient vital power left to work upon. The chief aim, of course, in any treatment, is to increase the amount of vitality. But of course, there must be a sufficient degree of vitality at the start, to enable the patient to undergo this treatment. There is not a single ailment, that has not already succumbed to the Water Cure processes.

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